



CLASS BURDEN

Years after NEP and NCERT's policy set strict guidelines on weight of school bags, students still having to lug around heavy load

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LOOMING WORRY

City's garment sector faces pressure of US tariff hike that has disrupted supply chains and raised fears of job losses among workers

PAG 5

Number of wheelie cases jumped by 103% between 2022 and 2024 and 706 were registered by mid-2025 showing there is no stopping these reckless thrill-seekers; highways on city's outskirts are their favourite playing fields

HIGHWAY TO HELL

Hotspots: Hoskote-Dabaspet Satellite Ring Road, Bengaluru-Chennai Expressway, Yelahanka-Gauribidanur state highway

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The wheelie menace that once troubled Bengaluru's crowded core areas has quietly shifted gears to the city's outskirts, with highways fast becoming the new playground for thrill-seeking riders. Wide roads, smoother surfaces and relatively thinner policing have made these stretches attractive to youngsters performing dangerous stunts, often at high speed and in the middle of live traffic.

What worries the police is not just the shift in geography, but the scale at which the trend is growing and the risks it poses to unsuspecting commuters using these arterial roads.

With Bengaluru expanding rapidly, national and state highways in surrounding areas have seen a sharp rise in traffic. Alongside this growth, incidents of wheelie stunts have also increased alarmingly. Police records show that 404 cases were booked in 2022, a number that doubled to 822 by 2024, marking a 103 percent jump. By mid-2025, as many as 706 cases had already been registered.

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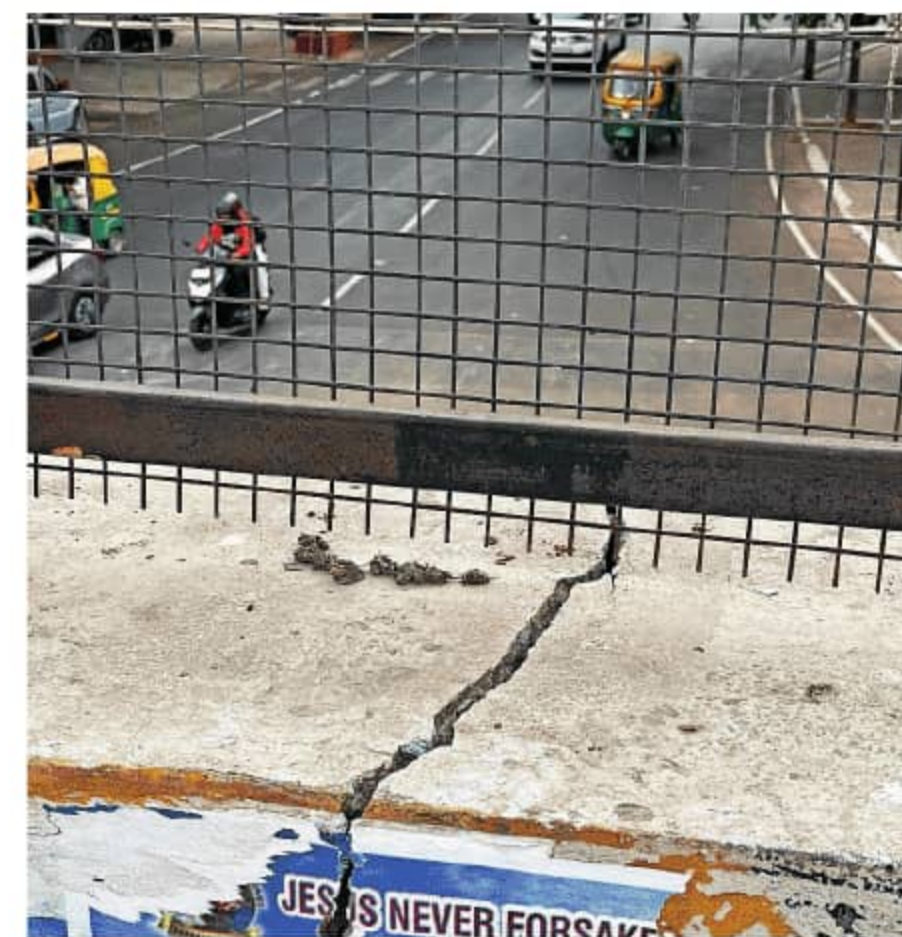


“These are not empty roads. They carry buses, trucks and private vehicles at high speed. A wheelie stunt here can end in a fatal accident within seconds

—Police officer

All it's cracked up to be

Walls of rail overbridge that was opened to public after much delay has already developed cracks



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Flyovers in Bengaluru are known for their flourishing peepal trees while some pillars constructed by Bengaluru Metro Rail Corporation Limited (BMRL) are famed for their honeycombs. But, wide cracks that have developed on retaining walls of a ramp of the railway over bridge (ROB) are creating serious fears in the minds of motorists and those commuting towards Pottery Road, Maruthi Seva Nagar, Lingarajapuram and other areas. The ROB, the main link between Frazer Town and Richards Town and other areas, was opened to the public just recently after much delay.

The ROB was constructed jointly by the South Western Railways and the then Bruhat Bengaluru Mahanagara Palike (BBMP) in 2022 and it was scheduled for inauguration in July 2023 and later postponed to September. Residents of Richards Town and motorists are shocked to see the wide cracks that have developed on both retaining walls of the ramp that connects the ROB towards Pottery Road.

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THINGS TO DO

01 Timeless tales

Pratibimb Theatre Company brings its play God's Lioness to Bengaluru this January after shows in Delhi and Gurugram. The 80-minute production retells the story of Mahabharata from Draupadi's perspective, focusing on choice and inner conflict.
Where: MAHE, Yelahanka;
When: January 29



02 Sway to the beat

Known for his soulful vocals and heartfelt compositions, Gajendra Verma will be performing live, bringing a night of music, emotions, and memories.
Where: Orion Mall, Rajajinagar;
When: February 7, 6 pm



03 Fusion festival

The Sixth Sense, India's first and largest multidisciplinary immersive festival, conceptualised and developed by Swordfish, the creators of Echoes of Earth festival, brings together art, music, technology, and nature to rekindle connection with the natural world.
Where: Alembic City, Whitefield;
When: February 5 to 22

04 Tryst with tunes

Faheem Abdullah, the Kashmiri singer-songwriter whose music has quietly become the soundtrack to longing, love, and introspection for a new generation, is set to perform in a Valentine's Day concert in Bengaluru.
Where: Bhartiya Mall of Bengaluru;
When: February 14, 7.30 pm



05 Into the story realm

Ranga Shankara returns with its signature intimate storytelling programme, Little Cloud, packed with an enchanting experience of creativity, laughter and imagination. The sessions are held for children aged 4 to 6 every Saturday and Sunday.
Where: Ranga Shankara, JP Nagar;
When: Until March 15, 10 am



Spirit of democracy

Republic Day celebrations at Manekshaw Parade Ground was marked with vibrant parades and patriotic performances honouring the spirit of unity, freedom and tradition in a joyous atmosphere



PICS: KAUSHIK JN

Rs 1.5 lakh crore push to put B'luru on fast track

In Republic Day address, Governor highlights major initiatives in works to improve city's infrastructure, reflecting State's commitment towards sustainable urban development

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Bengaluru is set to witness a major transformation with mega infrastructure and development projects worth nearly Rs 1.5 lakh crore currently in the pipeline, Karnataka Governor Thaawarchand Gehlot said on Monday. Addressing the Republic Day celebrations at the Field Marshal Sam Manekshaw Parade Ground, the Governor highlighted the city's expanding Metro network, the launch of Cauvery Phase V water supply to 110 surrounding villages, progress on the Bengaluru Business Corridor and ongoing efforts to strengthen the city's transport ecosystem.

Gehlot said these initiatives reflect the State's commitment to sustainable urban growth, while also noting with pride that surveys have ranked Bengaluru first in the country in terms of women's safety. Calling it a matter of pride for Karnataka, he said the city's performance reflects broader improvements in law and order and justice delivery.

Gehlot said the Karnataka government had prioritised these constitutional values through inclusive governance, welfare delivery and targeted interventions for neglected sections. He noted that the State was spend-



Governor Thaawarchand Gehlot at Republic Day celebrations in Manekshaw Parade Ground

ing Rs 1.12 lakh crore annually on welfare and had already disbursed over Rs 1.13 lakh crore under guarantee schemes, boosting purchasing power and economic confidence, especially among women.

Highlighting women-centric measures, he referred to initiatives such as Akka task forces, 12 days of paid menstrual leave for women workers and direct benefit transfers to 1.37 crore families in 2024-25. He said these programmes had contributed to better education, health and nutrition outcomes for children. On infrastructure, the Governor said Rs 83,200 crore had been allocated for capital expenditure in the 2025-26 Budget, with Bengaluru emerging as a

key beneficiary.

CM calls for protection of Constitution

Chief Minister Siddaramaiah on Monday cautioned about the conspiracy to make the Constitution irrelevant, by taking away the autonomy of constitutional institutions.

"Those who are opposing the Constitution are against social change and social justice. People should understand that they are opposing laws and programmes that are in favour of the poor, farmers, workers, Dalits, and the exploited," Siddaramaiah said.

"If we protect the Constitution, the Constitution will protect us, and the country will remain secure. In this context, we all need to take a pledge to protect the Constitution today, on Republic Day," he added.

Prison-made snacks at Republic Day event

Bakery products made by inmates of the Parappana Agrahara Central Prison found a place at the Republic Day celebrations, marking a unique step in prisoner rehabilitation. Officials said the initiative is part of the Karnataka Prisons and Correctional Services Department's 'Nav Sankalp' programme, which focuses on skill development and social reintegration of inmates.

Cloudy skies, drizzle mark Republic Day in B'luru

Bengaluru witnessed an unusual Republic Day on Monday as light drizzle and overcast skies replaced the city's typical late-January warmth. According to updates from weather observers, the final week of January began on a cloudy note across large parts of south Karnataka, with scattered light rain reported in a few areas of the city. Daytime temperatures dipped below normal, adding to the winter-like feel.

According to Namma Karnataka weather updates on X platform, a strong easterly wave over the southern peninsula, which has been triggering scattered light to moderate rainfall

along the east coast of Tamil Nadu and influencing weather patterns in Karnataka. Cloudy conditions are expected over Bengaluru, Kolar, Chikkaballapura, Ramanagara, Tumakuru, Mandya, Hassan, Chamarajanagara and Mysuru, with the possibility of isolated drizzle or light rain. Similar conditions may prevail over the Kodagu and Dakshina Kannada ghat regions, while the rest of the state is likely to experience partly cloudy skies.

Below-normal daytime temperatures are expected to continue on Tuesday, with mild winter nights also likely across the state. **-BMB**

Lalbagh flower show ticket sales may cross ₹2.50 crore

The Horticulture Department expects record-breaking ticket revenue from the Republic Day flower show at Lalbagh this year, with collections likely to cross Rs 2.50 crore, the highest ever in the event's history. Until now, ticket revenue from the annual fruit and flower show had never crossed Rs 2 crore. By Sunday evening itself, ticket sales had touched Rs 1.81 crore, and with the exhibition concluded on Monday, overall collections were pushed well beyond previous records.

Officials said that the surge in footfall has been attributed to the special theme 'Tejasvi Vismaya',

a floral tribute depicting the life, writings and deep connection with nature of renowned writer Poornachandra Tejasvi. The glass house showcased hillocks, streams, forests and iconic imagery associated with Tejasvi, drawing huge crowds and photo enthusiasts. According to the department, over 1.14 lakh people visited the show on a single day, generating Rs 46.41 lakh in ticket revenue. Heavy crowds at all four entry gates led to long queues spilling onto roads, causing traffic congestion in and around Lalbagh throughout the day, particularly during the evening hours. **-BMB**



Republic Day flower show at Lalbagh drew huge crowds

KAUSHIK JN

NEP promises bag-free days, reality still extremely heavy

Heavy school bags cause back pain as bag-free days fail, classrooms lack storage, and teachers insist on all books daily

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Bengaluru students are still struggling under the weight of their school bags, even years after the National Education Policy (NEP) 2020 and NCERT's school bag policy set strict guidelines on bag weight. Experts say the problem persists as many schools insist that students carry all textbooks to class due to the lack of in-class storage facilities, while students themselves fear being "in the bad books" of teachers if they leave books at school. "Even if we want to leave some books in the classroom, teachers ask us to bring everything. Sometimes it feels like we are carrying our entire library on our backs," said Rashmi S, a Class VIII student at a Bengaluru school. Parents also complain about back pain and fatigue caused by overstuffed bags.

Guidelines ignored

The NEP 2020 emphasises reducing



school bag weight and introduces bag-free days for students in Years 6–8 to participate in experiential learning activities such as visits to local craftsmen, artists and gardens. In line with this, the NCERT School Bag Policy (2020) recommends that bag weight be limited to roughly 10% of a child's body weight: pre-primary students should carry no bag; Years 1 and 2, 1.6–2.2 kg; Years

3 to 5, 1.7–2.5 kg; Years 6 and 7, 2–3 kg; Year 8, 2.5–4 kg; Years 9 and 10, 2.5–4.5 kg; and Years 11 and 12, 3.5–5 kg.

Despite repeated government advisories to states and union territories to implement these norms, Bengaluru schools, like many across the country, continue to struggle with adherence. Experts highlight that without lockers or

NEP rules fail to lighten students' loads. Overstuffed backpacks leave pupils exhausted, while parents and experts demand urgent school reforms

shelves in classrooms, students are forced to carry multiple textbooks, notebooks and stationery daily.

Policy in practice

Dr Kavitha R, a school teacher, said, "The NEP's 10-day bag-free period and other guidelines are excellent in principle, but infrastructure limitations and teacher insistence on having all books present often nullify these benefits. Schools and parents need to work together to ease this daily burden."

The Ministry of Education has also suggested that 'Bag-Free Days' be conducted throughout the year, encouraging activities like arts, quizzes, sports, visits to historical sites and local skill-based learning. The initiative, launched on the fourth anniversary of NEP 2020 in July 2024, aims to make school learning stress-free and joyful, but practical implementation remains a challenge in Bengaluru schools. "Until schools and local authorities improve classroom facilities and streamline textbook requirements, Bengaluru students will continue to bear the heavy burden, literally, of their education," added Naresh Kumar, a parent.

Suicide sparks dowry allegation

A 24-year-old homemaker was found hanging at her residence near Yediyur, within the limits of Banashankari police station, on Sunday, following which her parents lodged a dowry harassment complaint against her husband.

The victim was identified as Kirthi, who had married Guruprasad (27), a gym trainer, around two-and-a-half years ago. Police said the couple went for a walk on Sunday morning and returned home together, after which Guruprasad left to play badminton. When he returned a few hours later and received no response despite repeated knocks, he called a friend, forced open the door and found Kirthi hanging from the ceiling fan in the bedroom. He immediately informed the police.

During the inquest, Kirthi's parents filed a complaint alleging that their daughter had been harassed over dowry by her husband. They told the police that there had been earlier disputes related to dowry, which were later resolved. However, they claimed that Guruprasad had recently been demanding money for the construction of a new house, which may have pushed Kirthi to take the extreme step. Police officials also said that no suicide note was found.

Police have registered a case of dowry harassment and unnatural death. They said the exact reason for the suicide is yet to be ascertained, and further investigation is under way. —BMB

Eleven arrested in rowdy murder

Bandepalya police have arrested all 11 accused in connection with the murder of notorious rowdy-sheeter Shabbir and are moving to invoke the Karnataka Control of Organised Crime Act (KCOCA) against them.

Addressing the media, Deputy Commissioner of Police (Electronic City Division) Narayan said the murder was the result of a long-standing dispute involving extortion and a civil property issue. According to police officials, Shabbir had established dominance in the locality and was allegedly collecting "hafta" from traders, including scrap shop owners.

Police said Shabbir had targeted a property belonging to the sister of one of the accused, Sunny, near a mosque in Bandepalya. He allegedly pressured Sunny to part with the land and threatened to forcibly erect a compound wall, issuing repeated threats that bred resentment among the group.

Unable to tolerate the intimidation, Sunny and his associates allegedly planned the murder over a week, meeting at a garage to finalise the attack. On the day of the incident, the assailants allegedly threw chilli powder into Shabbir's eyes before hacking him to death with deadly weapons.

The accused fled in an autorickshaw, abandoned weapons, and escaped across states. Police arrested all 11, who will be booked under the KCOCA Act. Investigation continues. —BMB

Train rams bus at crossing

A major tragedy was narrowly averted on Monday morning after a moving train rammed into a Bengaluru Metropolitan Transport Corporation (BMT) bus at a railway crossing in Sadaramangala, Kadugodi. Though the impact caused significant damage to the rear portion of the bus, no fatalities were reported as there were no passengers on board at the time of the accident. However, the bus conductor sustained injuries and was rushed to hospital for treatment.

According to officials, the incident occurred around 9.15 am when the BMT bus, operated by the 51st unit, was heading from Sadaramangala towards Kadugodi along Railway Parallel Road. Road repair work was underway near the crossing, forcing the driver to attempt to reverse the vehicle. During the manoeuvre, the bus reportedly moved further than intended and intruded onto the railway track. At the same mo-



ment, the SMVT Bengaluru-Tatanagar Superfast Express was approaching the crossing and collided with the rear of the bus. The impact severely damaged the bus, but timely circumstances prevented a larger disaster.

Kadugodi police and railway officials rushed to the spot and shifted the injured conductor to a nearby hospital. The driver was detained for questioning. The BMT Divisional Managing Engineer inspected the site, while South Western Railway officials registered a case, terming the incident a serious safety lapse. —BMB

Dragged to death after brawl

A 34-year-old man was killed after being dragged by a car in a shocking incident that followed a drunken altercation over a trivial dispute involving a cigarette lighter late on Sunday night, within the limits of Hebbagodi police station.

The deceased was identified as Prashanth (33), an unemployed resident of Veerasandra. The accused, Roshan Hegde (36), an IT employee at a private company in Domlur and a native of Udupi currently residing in KR Puram, was arrested within an hour of the incident. Electronic City Division Deputy Commissioner of Police (DCP) Narayan confirmed that the incident occurred around 8.30 pm on Sunday.

According to the police, Prashanth and Roshan, who were friends, had gathered behind M5 Mall to watch a cricket match and later stayed back for a drinking session. After consuming alcohol, an argument over a cigarette lighter broke out and quickly escalated into a physical confrontation. During the scuffle, the accused allegedly

attacked Prashanth with a beer bottle, while Prashanth retaliated. The accused sustained injuries during the fight.

After the quarrel, Roshan allegedly attempted to flee in his car. Prashanth reportedly clung to the car door, refusing to let him escape. Ignoring his pleas, the accused continued driving at high speed along the Veerasandra-Kamasandra Road with Prashanth still holding on to the side of the vehicle. Police said the accused deliberately rammed the car into a tree and later into a compound wall in an attempt to knock Prashanth off. Due to the violent impact, Prashanth suffered grievous injuries and died on the spot.

Initially, the incident was reported as a road accident. However, after examining the scene and reviewing footage from the car's dashboard camera, police concluded that it was a case of murder. A case has been registered at Hebbagodi police station. The accused was arrested within an hour of the incident, and further investigation is underway. —BMB

Illegal biomedical waste found dumped near Hosakerehalli Lake

Improper disposal of used syringes, expired medicines, and blood-stained gloves threatens aquatic ecosystem, spreading risk of infections and long-term environmental damage

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Bengaluru's tryst with unscientific handling and disposal of biomedical waste refuses to die down.

The city has several known hot-spots for the illegal and unscientific disposal of hazardous waste. One such location is Hosakerehalli Lake, located within the limits of the Bengaluru West City Corporation.

In the early hours of January 26, residents discovered cartons filled with biomedical waste dumped adjacent to the lake. The waste included used syringes, expired medicines, blood-stained gloves, urine samples, and blood samples. The dumping was traced to Kalpatharu Pharma, located on Hosakerehalli Main Road.

"There was at least four to five kilograms of biomedical waste dumped near the lake towards Sapthagiri Nagar Layout. It is disheartening to see pharmaceutical shops and hospitals disposing waste openly. Residents had conducted a cleaning drive around the lake just two days earlier, on January 24," said Mohan Kumar.

Officials said the matter would be examined. "We will check with the solid waste management and health departments and take further action," said the lake engineer at the Greater Bengaluru Authority's West



Cartons filled with biomedical waste found dumped adjacent to Hosakerehalli Lake on Monday

“We will check with the solid waste management and health departments and take further action”

—Lake engineer, GBA, West City Corporation office

City Corporation office. GBA officials have imposed a fine of 10,000 on the defaulters.

This is not the first instance of biomedical waste being illegally dumped at Hosakerehalli Lake. A couple of years ago, the Bengaluru Authority, earlier the Bruhat Bengaluru Mahanagara Palike, reported multiple instances of biomedical waste debris, and the BBMP's Solid Waste Management depart-

ment fined a clinic 30,000 for illegal disposal.

Following those incidents, the Karnataka State Pollution Control Board (KSPCB) issued show-cause notices to the violators and assured action against those responsible.

Experts warn that hazardous components of biomedical waste pose serious risks to human health and the environment if not properly treated. Used syringes discarded with

municipal waste can cause sharp injuries to waste collectors and handlers, increasing the risk of infections such as human immunodeficiency virus (HIV), tuberculosis (TB), hepatitis, malaria, and syphilis.

City-based hospitals say the Biomedical Waste Management Rules, 2016 mandate strict disposal procedures. Waste must be segregated at source using colour-coded bins: yellow for infected paper waste, red for infected plastic waste, white translucent puncture-proof containers for sharps, and blue for glassware and metallic implants, before transport to treatment facilities.

The rules strictly prohibit dumping biomedical waste in open areas, drains, or water bodies. Violations can result in penalties, closure of healthcare facilities, or imprisonment.

Experts stress that disposal near lakes, rivers, ponds, or groundwater is particularly dangerous, as it contaminates water sources, spreads waterborne diseases such as cholera, typhoid, and hepatitis A and E, and introduces harmful chemicals that damage aquatic ecosystems.

"It also disrupts aquatic life and exposes communities to contaminated water, increasing the risk of epidemics, chronic illnesses, higher healthcare costs, and long-term environmental damage," said Dr Shruthi Rao, Consultant Microbiologist and Infection Control Officer, Aster RV Hospital.

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● Banner mess R T Nagar



Banners put up by politicians have returned on R T Nagar Main Road, creating a visual nuisance.

● Pole clutter Bagalagunte



Electric poles have been lying unremoved outside MEI Layout in Bagalagunte for an extended period.

● Road damage Hesaraghatta



Hesaraghatta Road continues to have persistent potholes, causing inconvenience for commuters.

Century-old Binnamangala homes caught in land tangle

Faulty revenue surveys cast shadow over century-old Binnamangala residences, forcing long-settled families into decades-long legal battles, anxiety, displacement fears and uncertainty

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Government authorities are expected to correct mistakes arising out of ignorance or negligence. Hapless citizens look to these authorities, often responsible for apathy, negligence and dereliction of duty, to provide some solace for the agony, distress and trauma they have endured.

Around 80 families in Binnamangala, near Indiranagar, have been facing prolonged hardship since July 1999. These families have been residing in the area for over eight to nine decades and possess documentary proof of residence, including bank accounts, driving licences, ration cards and sale deeds. They also hold copies of land acquisition notices issued by the Special Land Acquisition Officer of the City Improvement Trust Board (CITB), which was responsible for acquiring land for the formation of layouts in the city until 1976.

The CITB issued acquisition notice

on June 26, 1969, for land in Survey No. 134 of Binnamangala to several property owners, including Chinnappa, B Doddamarappa and others. In response, Ramaiah and others requested the CITB to extend time regarding the finalisation of handing over possession. They made it clear that they could not hand over the land as it was already occupied by residential dwellings. Subsequently, the CITB did not proceed with the acquisition, as constructions had already come up on the land.

In a petition filed before the Karnataka Appellate Tribunal in 2013, the appellants' advocate stated that Survey No. 134 of Binnamangala village, though originally Inam land, had been fully developed into a residential area much before the notification issued under Sub-section (4) of Section 1 of The Mysore (Personal and



Revenue reports clash with historical documents held by affected families

Miscellaneous) Inams Abolition Act, 1954. The petition also referred to civil proceedings initiated in 1992 (OS No. 2660/1992) before the City Civil Judge, Bengaluru, seeking a permanent injunction in respect of the same land.

In those proceedings, it was conceded that Venkataraju and Muniraju, who later became contesting respondents, did not possess any right, title or interest in Survey No. 134. The suit was decreed, and the appeal filed in RFA No. 815/1995 was dismissed.

“How come families reside in dwellings constructed much before 1969, how come the CITB issued acquisition notices, and how was the acquisition later withdrawn?”

—Resident

Life imprisonment cannot extend beyond natural life

HIGH COURT

The Karnataka High Court has ruled that a sessions court cannot order life imprisonment lasting the convict's natural life, noting that such sentences can be imposed only by constitutional courts.

A division bench of Justice HP Sandesh and Justice Venkatesh Naik T made the observation while hearing an appeal filed by a man convicted of murdering a three-and-a-half-year-old child in 2017. The accused had previ-

ously been sentenced by a sessions court to imprisonment for life "till his last breath."

Modifying the sentence, the High Court said the trial court had exceeded its jurisdiction. "The sessions court does not have the power to impose life imprisonment till the natural death of the accused," the bench observed, adding that such directions interfere with statutory remission powers.

While upholding the conviction for murder and kidnapping, the court clarified that only the High Court or the Supreme Court can, in exceptional circumstances, direct a convict to

remain in prison for life. This authority is generally exercised when a death sentence is commuted to life imprisonment. The judges also highlighted legal safeguards, noting that "the benefit of set-off under Section 428 of the Criminal Procedure Code is available to the accused" and cannot be removed by a trial court through sentencing.

Consequently, the High Court set aside the direction requiring imprisonment until natural death and replaced it with ordinary life imprisonment, while maintaining the conviction.

B'uru couple's video shows travel mayhem

A Bengaluru couple's Instagram video has gone viral for capturing the travel chaos during the Republic Day long weekend, as residents leaving the city for short trips faced overwhelming crowds and jammed public transport.

The video was shared by Reshma Bhagat and Prabhat Kumar, a Bengaluru-based IITian couple, on their joint Instagram account. It reflects the experience of travellers during the three-day holiday, which included Saturday, Sunday, and Monday.

In the clip, the couple is seen by

the roadside with luggage, excited for a getaway. The video's opening text in Hindi reads: "Humne socha long weekend hai kahin ghumne chale jate hai" — meaning, "We thought it is a long weekend, so let us go somewhere for a trip."

The tone quickly shifts to scenes of large crowds lining up and boarding buses. Another text overlay reads: "Pure Bengaluru ne bhi yahi socha" — "The entire Bengaluru thought the same thing." The video ends with a caption: "Aaj kaad long weekend pe kahi nahi jana" — "From now on, not travelling anywhere on a long weekend." **ET Online**

Tariff shock deepens woes for garment workers

Despite possible tariff rollback signals, Bengaluru's garment industry continues to battle disrupted supply chains and fragile employment conditions

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Officials from the United States have indicated that a portion of the tariffs imposed on Indian goods could be rolled back, following recent changes in India's oil import patterns. Speaking at the World Economic Forum in Davos on Saturday, US Treasury Secretary Scott Bessent said the 25% penalty tariff imposed by Washington in response to India's purchases of Russian oil appears to have achieved its intended objective.

Bessent said Indian refinery imports of Russian crude have dropped sharply, describing the outcome as a "success." He added that if India continues to diversify its energy sources, there could be a diplomatic pathway towards removing the additional 25% tariff. However, he clarified that the tariffs remain in place for now.

The remarks were made during an interview with Politico, where Bessent emphasised that the tariff was intended as a policy lever rather than a permanent trade barrier. According to him, the desired impact of discouraging Russian oil purchases seems to have been realised, opening the door for negotiations between the two countries.

While the prospect of a rollback has generated cautious optimism, the impact of the tariffs is already being felt on the ground, particularly in Bengaluru's garment



Bengaluru garment units struggle with reduced shifts and rising costs

industry. Exporters and workers say higher duties imposed by the US on Indian apparel exports have disrupted supply chains and heightened fears of job losses across the sector.

Manufacturers say Indian garments have become significantly more expensive in the US market due to the increased tariffs, prompting American buyers to renegotiate prices or divert orders to competing countries such as Bangladesh and Vietnam, where duties are lower. This shift has intensified pressure on Indian suppliers, many of whom operate on thin margins.

Dr Prathibha R, President of the Garment and Textile Workers' Union (GATWU), said manufacturers have been pushed into a no-loss, no-profit situation since the tariffs were imposed. "They

“ They often receive orders every three months and after negotiations with the price since the tariffs were imposed, they were able to secure orders till December 2025

—Dr Prathibha R, President, Garment and Textile Workers' Union

(manufacturers) often receive orders every three months and after negotiations with the price since the tariffs were imposed, they were able to secure orders till December 2025," she said. Noting that Trump and the US administration have been inconsistent about their tariff policies, and are indulging in "ragebaiting", Prathibha said that manufacturers have been able to negotiate orders through March, 2026 with American brands.

"About 70% of our orders are American while the other 30% come from European

countries. It's not practical for them to entirely switch production from India to other countries with lower tariffs. Since they cannot increase garment prices due to intense competition, the additional charges are inevitably passed on to suppliers, who are now being forced to negotiate," she said.

Industry associations warn that if the tariffs continue, the impact will be felt most acutely on factory floors. With production schedules shrinking, several units may be compelled to reduce shifts or temporarily slow operations. This could

directly affect thousands of workers, many of whom are women migrants dependent on regular garment jobs for their livelihoods.

Workers say the uncertainty is already beginning to take a toll. "We depend on regular work to manage household expenses," said a woman employed at a garment unit. "When shifts are cut, our monthly income falls immediately. We are worried about what will happen if orders reduce further," she said.

Manufacturers note that the tariff shock has come at a time when the industry is already grappling with rising input costs, stricter compliance norms and wafer-thin profit margins. Smaller units, in particular, are struggling to absorb losses or meet discounts demanded by overseas buyers, increasing the risk of closures or consolidation.

The slowdown in Bengaluru mirrors distress across other textile hubs in southern India, underscoring the sector's heavy dependence on the US as a key export destination. Export data indicates a dip in apparel shipments since the tariffs took effect, adding pressure on companies to explore alternative markets.

In response, industry bodies have urged the Union government to step in with relief measures, including export incentives and support for diversification into European, West Asian and African markets.

They have also called for faster trade negotiations with the US to ease tariff barriers and restore competitiveness.

Highways emerge as smuggling corridors



National highways bordering Karnataka, Maharashtra and Goa have emerged as major smuggling routes, posing a serious challenge to law enforcement agencies. Recent cases show these highways are widely used to transport illicit liquor, hawala cash worth crores of rupees and kilograms of gold. Police officials said smugglers are increasingly adopting high-tech methods to evade detection, while border checkpoints continue to operate without advanced scanning equipment, making enforcement difficult.

Illegal movement is reported mainly along National Highway 48 linking Pune and Bengaluru, NH 748 towards Goa, and NH 63 connecting Ballari, Hubballi and Goa. Officials said lack of coordination from neighbouring states has further complicated investigations and delayed action against organised networks.

A senior police official said illegal activity is not limited to smuggling alone, with large-scale robberies also reported, particularly along forested ghat sections such as Anmod and Chorla. Cheap liquor from Goa is transported to Karnataka and Maharashtra using vegetable trucks, milk vans, modified tankers and tourist buses. Undocumented hawala money is reportedly routed from Maharashtra's jewellery markets to Bengaluru, while raw materials such as molasses are supplied from Belagavi to Goa.

Police said such rackets intensify during election periods. A recent robbery involving nearly Rs 400 crore at Chorla Ghat raised serious questions, as the cash reportedly included demonetised Rs 2,000 notes. **BMB**

Karnataka's wind power surge redefines India's renewable map

State records fastest wind capacity expansion, driven by policy reforms, record yearly additions, and rising investor confidence

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TWEETS @sridharvMIRROR

Karnataka has emerged as one of the emerging leaders in India's renewable energy landscape, with its wind-power capacity witnessing remarkable growth over the past five years. As of October 2025, the state's installed wind capacity stands at 8,193.29 MW, up from 4,938.6 MW in 2020-21—a 66% increase in just five years, adding more than 3,250 MW to the state's renewable portfolio. This steady rise reflects not only the government's policy push but also growing investor confidence in Karnataka's renewable energy sector.

Data presented in Parliament shows that capacity additions were relatively modest during the pandemic years, with 148 MW added in 2020-21, 192 MW in 2021-22 and 164 MW in 2022-23. However, the pace picked up sharply thereafter. In 2023-24, Karnataka added 724.66 MW, more than four times the average annual addition of the previous three years. This momentum strengthened further in 2024-25, when the state recorded an unprecedented addition of 1,331.48 MW, the highest single-year increase in its history. By October 2025, another 842.19 MW had been commissioned, indicating sustained momentum.

With these additions, Karnataka now accounts for 15.28% of India's



State policies like Resource Adequacy Plan and simplified approvals accelerate wind projects and reduce transmission bottlenecks

Low wind speeds rule out offshore wind projects

Offshore wind energy is not considered viable along the Karnataka coast as wind speeds there fall well below commercially required levels, according to data placed in Parliament in response to a Lok Sabha query. Studies by the National Institute of Wind Energy under the Ministry of New and Renewable Energy show that while Gujarat and Tamil Nadu have been identified as high-potential offshore wind zones with an estimated 70 GW capacity, Karnataka's coastline records

much lower wind speeds. The annual mean wind speed along the Karnataka coast is only about 4.0 to 5.3 metres per second at 150 metres above sea level, and around 4 m/s along the Dakshina Kannada coast. These levels are significantly below the minimum requirement of 7.5 m/s for commercial offshore wind projects. As a result, the Centre has decided to focus offshore wind development efforts on Gujarat and Tamil Nadu rather than Karnataka.

new projects with the demand profiles of electricity supply companies, easing grid integration and avoiding transmission bottlenecks.

The state's prospects are further strengthened by national incentives such as 100% foreign direct investment under the automatic route, inter-state transmission charge waiv-

ers, and support for offshore wind and green hydrogen projects. Updated turbine guidelines and mandatory inclusion under the Approved List of Models and Manufacturers (ALMM-Wind) are also expected to sustain quality standards and attract global investors.

With landmark annual additions and a 66% capacity jump since 2020, Karnataka is consolidating its position as a pivotal hub for India's wind-energy growth

State sets rail hopes on Centre

With Karnataka's railway network continuing to lag behind the national average, the State government has pinned its hopes on the 2026-27 Union Budget to revive nine major railway projects being implemented under a cost-sharing arrangement with the Centre. Under this model, Karnataka has agreed to bear 50 per cent of the project cost in addition to covering the entire land acquisition expense. Despite this commitment, several projects have witnessed prolonged delays due to slow fund releases, pending approvals and coordination issues, leading to steep cost escalations over the years.

A senior official said multiple projects remain stalled either because of unresolved technical clearances or lack of synchronisation between State and Central agencies. The Dharwad-Kittur-Belagavi railway line, expected to provide direct access to the Bengaluru-Mumbai corridor, has been held up due to alignment issues, while the Ginigera-Raichur line has achieved only 66 per cent physical progress despite being sanctioned nearly two decades ago.

According to sources, the nine projects together are estimated to cost over 12,146 crore. Although more than 83 per cent of land acquisition has been completed, none of the projects has been fully commissioned so far. The State government has submitted a detailed memorandum to the Centre seeking enhanced budgetary support, hoping that the upcoming Union Budget will provide a decisive push to Karnataka's long-pending railway infrastructure initiatives.

-BMB

BM Trippin' Tales

Consumer Connect Initiative

Blue Flag push puts coastal beaches on premium travel map

Bengaluru travellers get cleaner, safer beach escapes as certified shores, big investments and new experiences reshape nearby coastal tourism offer

| Sridhar.Vivan
@timesofindia.com

TWEETS @sridharvMIRROR

The Karnataka Tourism Department has identified 11 beaches along the Coastal Karnataka belt for Blue Flag certification, a move expected to significantly boost travel interest among Bengaluru travellers seeking clean, safe and premium beach destinations closer home. The selected beaches include Tannirbhavi and Someshwar in Dakshina Kannada, Ullal and Sasihihlu in Udupi district, Asare Beach, Kodi Kanyana, Padukere, Kodi Kundapura,

Shiruru Beach, and Ballur, Apsarakonda and Rabindranath Tagore Beach in Uttara Kannada. The initiative aims to strengthen coastal infrastructure and global standards through focused development.

Officials said the proposal is part of a larger push to position Karnataka's coastline as a preferred short-break destination, especially for residents of Bengaluru. Under the Karnataka Tourism Policy 2024-29, the State has approved 45 tourism projects involving an investment of 718 crore, with a strong emphasis on coastal districts.

Tourism Department Secretary



One District One Destination initiative focuses on developing major beaches and conserving heritage monuments statewide

Trilok Chandra said the coast offers high-potential investment opportunities in wedding destinations, river and sea cruises, resorts, beach-front hospitality, floating cottages, eco-tourism and wellness experiences. These initiatives, he said, are expected to diversify tourism offerings while creating

employment in coastal regions.

The State has set an ambitious goal of placing Karnataka among the top three States in domestic tourist arrivals and within the top five for foreign tourist arrivals by 2029. The government aims to increase domestic tourist visits to 50 crore and substantially scale up international footfall through improved infrastructure and destination branding.

As part of the 'One District, One Destination' programme, 30 major locations, including Kapu, Tannirbhavi and Gokarna beaches, are being developed. The plan targets direct investments of around 1,000 crore and includes proposals to conserve nearly 1,000 heritage monuments across the State. In addition, proposals have been submitted for 21

Eleven beaches upgraded with mega tourism projects boosting coast economies statewide growth

mega tourism projects, 19 of them in coastal areas, spread across about 650 acres.

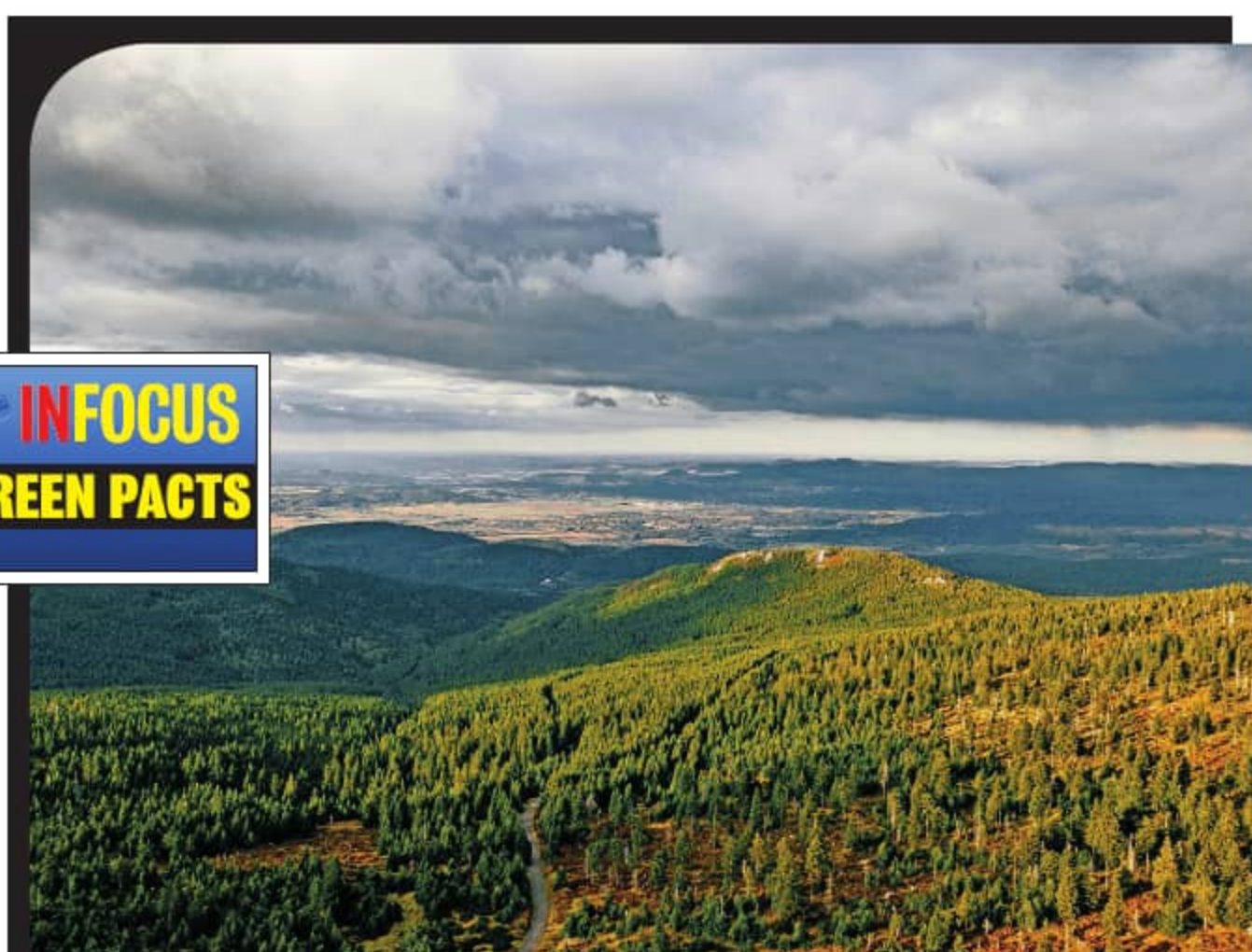
Tourism stakeholders have welcomed the move, saying coastal districts possess vast untapped potential because of their beaches, temples and natural assets. Beach resort owner Bailur Udayakumar Shetty said improving basic beach infrastructure should be the first priority, adding that tourism-led growth would directly strengthen local economies.

Bio-resource deals are few and far between

Only seven bio resource access agreements signed despite widespread commercial use statewide

Between April 2025 and January 2026, the Karnataka Biodiversity Board (KBB) signed only seven bio-resources access agreements. Out of these seven companies that have complied with the rule and signed the bio-resource access agreement with KBB to use natural resources, four are located in Bengaluru. These include a pharmaceutical company in Peenya Industrial Area, the Department of Plant Pathology at the University of Agricultural Sciences, an organic products company in Jayanagar, and another pest control company in north Bengaluru. The remaining two are located in Mysuru and Chikkaballapur.

Under the Biological Diversity Act, the Access and Benefit Sharing (ABS) scheme is meant to ensure equitable sharing of benefits arising from the use of biological resources. Users of such resources are required to share a percentage of their profits with local communities. This amount is to be channelled to biodiversity management committees for



Conservationists urge stronger monitoring of biodiversity resource use

conservation activities or to support the livelihoods of people from areas where the resources are accessed.

Conservationists point out that the number of agreements is disproportionately low compared to the scale of biological and genetic resource use in Karnataka, particularly in Bengaluru. "Seven agreements are like a drop in the ocean. Regulatory bottlenecks and KBB's limited capacity to implement and monitor ABS have contributed to poor

compliance. However, recent amendments are expected to streamline procedures," said a city-based conservationist.

In April this year, the National Biodiversity Authority notified the Biological Diversity (Access and Benefit Sharing) Regulations to include Digital Sequence Information (DSI), thereby bringing genomic data users within the regulatory framework. The notification also introduced graded benefit-sharing slabs based on a

Amendments may boost compliance, but enforcement gaps remain severe statewide across Karnataka

company's annual turnover. Firms with a turnover of up to ₹5 crore are exempt, while higher turnover categories must contribute a specified percentage. High-value biological resources such as red sanders and sandalwood now attract a minimum benefit-sharing rate of 5%, extendable up to 20% of the sale value.

Exemptions have also been provided for cultivated medicinal plants and practitioners of Indian systems of medicine.

Experts, however, remain sceptical about implementation. "KBB provides opportunities for companies to share benefits, but weak enforcement is a major concern. There is also little clarity on whether the money generated is actually reaching local communities," said another expert. —BMB

INBRIEF

Malpe boat tragedy claims two lives

At least two people were killed and four others are in critical condition after a tourist boat capsized near the Hangarkatte shipbuilding area off the Malpe coast in Udupi district on Monday, police said. Udupi Superintendent of Police Hariram Shankar said the incident occurred around noon at the confluence point of the river and the sea, close to the Malpe-Kota police station jurisdiction border. The boat, operated by a private firm, had departed from Malpe delta beach and was carrying 14 passengers.

All passengers were rescued with the help of nearby boats and shifted to the shore. Four persons who were in serious condition were rushed to hospital, where two of them Shankarappa (22) and Sindhu (23) later died. Preliminary information suggests that life jackets were provided, but not all passengers may have been wearing them. The group, reportedly call centre employees from Saraswathipuram in Mysuru, was on a recreational trip. Police are probing possible causes, including strong currents, passenger capacity and safety compliance. Malpe and Kota police have registered a case. PTI

Threats case: Rajeev Gowda nabbed

Chikkaballapur police on Monday arrested Rajeev Gowda, a Congress leader and prime accused in a threat case involving a civic official, at the Kerala border, ending his days-long evasion. He was booked for allegedly abusing and issuing death threats to Sidlaghatta City Municipal Council Commissioner Amurtha Gowda after she removed a banner carrying his photographs. The FIR was registered on January 14 at Sidlaghatta

Town Police Station following a phone call in which the accused allegedly threatened the commissioner. An audio clip of the conversation later went viral, triggering public outrage and political backlash. Police formed a special team after Rajeev Gowda fled to Mangaluru and later attempted to escape towards Kerala. Acting on specific intelligence, the team tracked and apprehended him on Monday evening. The Congress suspended him from party membership, while the BJP demanded his arrest. He will be produced before a court. BMB

SPORTS ROUND-UP

KL Rahul boosts state's Ranji hopes

India star batter KL Rahul has been named in Karnataka's squad for their upcoming 2025/26 Ranji Trophy match against Punjab in Mohali, starting January 29, providing a major boost to the side. Devdutt Padikkal will lead the team, while pace spearhead Prasidh Krishna's inclusion further

strengthens the bowling attack. However, Karnataka have suffered a setback with veteran middle-order batter Karun Nair ruled out due to injury, reducing experience in the batting line-up. Rahul last featured in a red-ball match during India's tour of South Africa in November last year. Karnataka will be eager to bounce back after suffering a heavy 217-run defeat to Madhya Pradesh. Earlier in the season, they played out draws against Saurashtra and Goa in October. ANI

Pakistan weighs T20 World Cup exit

The Pakistan Cricket Board (PCB) will take a final call on Pakistan's participation in the men's T20 World Cup either on Friday or next Monday, chairman Mohsin Naqvi said after meeting Prime Minister Shehbaz Sharif on Monday. Naqvi said he briefed the Prime Minister in detail on the ICC-related developments and was advised to keep all options open. Sources

said Sharif asked the PCB to extend all possible support to Bangladesh, who were recently ousted from the tournament starting February 7. The Prime Minister was reportedly presented with multiple scenarios, including Pakistan skipping the event or boycotting the high-profile February 15 match against India, if it could help Bangladesh cricket. Bangladesh, replaced by Scotland, had sought to move matches to Sri Lanka citing security concerns, but the ICC rejected the request. PTI

CCTV captures gunpoint jewellery heist

Two masked men allegedly robbed a jewellery shop at gunpoint in Halasangi village of Chadchana taluk in Vijayapura district on Monday, police said. The incident occurred when the accused, wearing helmets and monkey caps to conceal their identities, entered the shop and threatened the staff with a pistol. They forced employees to hand over gold ornaments before fleeing the spot on

a motorcycle. The entire episode was captured on the shop's CCTV cameras. Police personnel from Zalaki station visited the scene and conducted an inspection. While the exact quantity of stolen gold is yet to be confirmed, officials suspect that more than 100 grams of gold may have been looted. A case has been registered, and further investigation is underway. PTI

SOCIALTATTLE

That went viral
 A Bengaluru eatery has drawn attention after a city resident shared a photograph on their social media account of a notice on its walls prohibiting long meetings and imposing a ₹1,000 charge for every additional hour. Talk about work from a cafe!



@imjenal is all praise for Bengaluru, calling the city more



than just a workplace. She urges professionals to 'leverage the city, not just their jobs'. Understandably, the post has found much resonance.

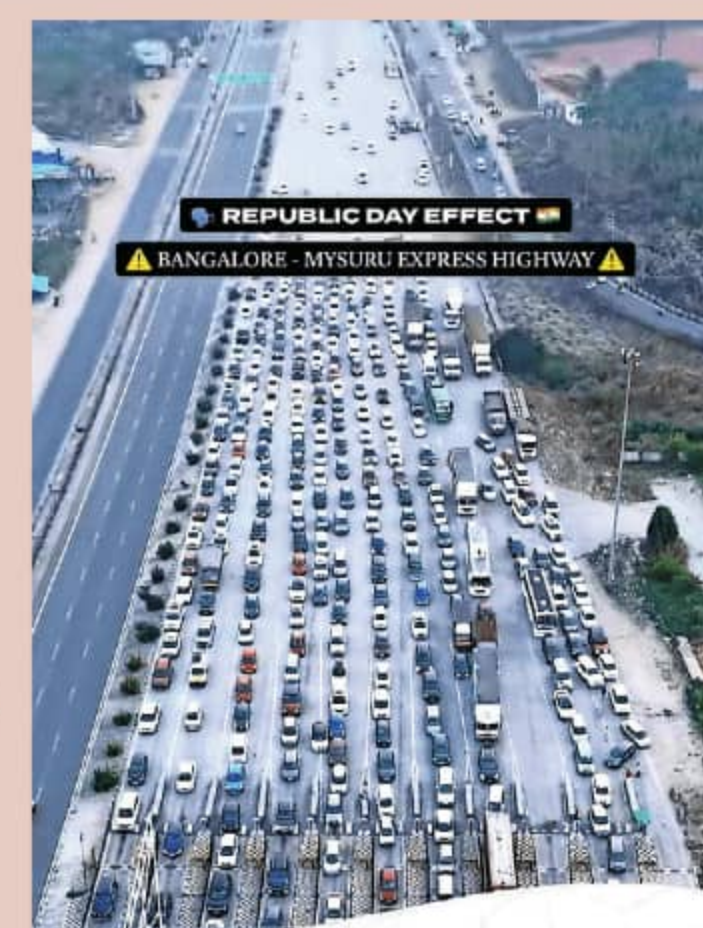
Bangalore Mirror mentioned @epicplain has tweeted BM's story on the



AI regulatory framework released by the Centre recently.

That went viral

A reel on Instagram has not only touched a raw nerve, but also has got the city talking: It shows the highway from Bengaluru to Mysuru jam-packed. The post calls it the Republic Day effect link: https://www.instagram.com/reel/DT7TZ1jM_Z/?igsh=MTFwY2M0ZXAYZWtnMw==



Children go for goal



Robin Hood Academy, an initiative of the Robin Hood Army, continues to empower underprivileged children across India and beyond by providing free primary education support. Operating in over 200 cities, the Academy equips thousands of children with basic literacy and life skills through engaging weekend classes, interactive exercises, and field trips.

On Sunday, along with other cities, the Bengaluru clusters of Robin Hood Academy came together to host the Play & Learn 2026 edition at Murphy Town Football Ground, Halasuru. The event featured spirited football and kho kho competitions among children from clusters in Whitified, Domlur, and Jayanagar.

The games commenced at 10 am with over 80 children participating in the friendly competitions. The atmosphere was filled with energy, teamwork, and joy as the children show-

cased their skills and sportsmanship. Following the matches, the participants were treated to lunch and snacks, ensuring a wholesome day of learning and fun.

In keeping with the Academy's ethos of inclusivity and encouragement, medals were distributed to every child, celebrating participation and effort over competition. The event was seamlessly coordinated by dedicated volunteers Anisha, Abhishek, Seema, and Alden, along with around 20 volunteers from across Bengaluru who came together to support and manage the event.

Matheen, an active volunteer of the Jayanagar cluster, was of the opinion that more events like Play & Learn should be organised regularly, as they not only encourage physical activity and teamwork but also strengthen the bond between children and volunteers, making learning joyful and memorable. **BMB**

More barricades, better surveillance in B'loru Rural

CONTINUED FROM PAGE 1

indicating that the problem is far from slowing down. Officers say many riders deliberately move away from the city to avoid immediate detection, choosing long highway stretches such as the Hoskote-Dabaspet Satellite Ring Road, the Bengaluru-Chennai Expressway and the Yelahanka-Gauribidanur state highway.

"These are not empty roads," a senior police officer pointed out. "They carry buses, trucks and private vehicles at high speed. A wheelie stunt here can end in a fatal accident within seconds." Locals have also reported instances of riders removing number plates to escape identification, with videos of such stunts frequently surfacing on social media platforms.

In some cases, it is social media attention that drives youngsters to attempt increasingly risky manoeuvres, with little regard for consequences.

Varun, a lecturer from Doddaballapur, said the trend reflects a worrying mindset among the youth. "Youngsters are chasing momentary thrill and online validation without understanding the impact. One reckless act can cost lives and shatter the



File photo of two-wheelers of wheelie-doers being flung down the Tumakuru highway near Nelamangala

hopes of parents who dream big for their children," he said, urging stronger awareness campaigns alongside enforcement.

Stricter action

In response, the police department has tightened its grip across Bengaluru Rural district. Barricades have been installed at locations where wheelie incidents are frequently reported. Surveillance has also been stepped up, with the National Highways

Authority installing cameras at intervals of every three kilometres on national highways, while similar systems are being extended to other key roads.

Police teams have been instructed to register suo motu cases whenever such stunts are detected and to intensify patrolling during late evenings and weekends, when violations peak.

Bengaluru Rural Additional SP KS Nagaraj said the focus is on prevention as much as punishment. "We have installed barricades, increased camera coverage and enhanced monitoring. Strict action is being taken against those performing wheelies to send a clear message," he said.

Home Minister G Parameshwara has also underlined the seriousness of the offence, stating that riders caught performing wheelies will be booked under Section 281 of the Bharatiya Nyaya Sanhita, along with Sections 184 and 189 of the Motor Vehicles Act. In cases involving underage riders, the Juvenile Justice Act will be invoked, holding parents accountable. Beyond fines and vehicle seizure, police are recommending suspension or cancellation of driving licences and registration certificates, ensuring long-term consequences.

Your Connect

real estate

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tender & notices

PUBLIC NOTICE

NOTICE

Notice is given that CIFCL is lending a home loan to Ms. Deepa M on RDPR No. 150200101700220194, Property No. 165/1, Khaneshumari No. 201, measuring 7.10x6.10 m (43.31 sq m) at Mayasandra, Attibele Hobli, Anekal Taluk, Bengaluru; Originally allotted by Court order to Muniraju, Shanthamma and Venkatesh, further Muniraju died unmarried, the property was sold by Shanthamma and Venkatesh to Jagadish then to Deepa M. objections, if any, contact with documents within 7 days to Law Globe - 9964255277, else treated as nil.

personal

CHANGE OF NAME

I, HALIMA BI SHARIEFF, R/at. 101, A J Muneera Enclave, 1st Cross, Siddaramappa Garden, Lingarajapuram, Bangalore-560084, have changed my name from HALIMA BI SHARIEF to HALIMA BI SHARIEFF vide affidavit dated 24.12.2025 sworn before Notary M.Rajendra, Bangalore

I, Muhammed Esmail Kunnappalli Hussain, S/o. Hussain Kunnappalli, R/o. 202, Sri Tirumala Splendor, Silk Board, Bommanahalli Po, Blr-068, have changed my name to ISMAIL KUNNAPALLI HUSSAIN vide affidavit Dt: 21/01/26 before Notary M. Rajendra, Blr.

I Yashavantha Chowta, S/o, Yugananda Nadajeguthu Chowta, residing At, No 203, Shinde Jierra Apt, 1st A Cross, Chinnanna Layout, kaval Byrasandra, R T Nagar Post, Bengaluru 560032, have changed my name to Yashavanth Yuganand Chowta for all purposes.

I, Sathisha P, s/o Puttaswamy Venkatappa, R/o #261/3, GF, 2nd Main, Byrappa Block Tyagarajanagar Banashankari 2nd Stage, B'loru-560070 have changed my name to Sathish P for all purposes.

I, SHANTARAM DESHPANDE s/o GURUNATH RAO R/o 743, 1st Floor, 4th Cross, North Block, Upkar Residency Layout, Ullal, B'loru 560091 have changed my name to SHANTARAM DESHPANDE. I shall be called by this for all purposes

I, Sakshi Vinod Kumar Jain w/o Rishab Kailash Borana R/o No.5, 2nd cross, Model Colony, Yeshwanthpur, Bengaluru 560022 have changed my name to Sakshi Rishab Borana Affidavit Dt.31/03/2023 Notary Chandrakala, B'loru

I, Hari Pradhan Perumal Balaji s/o Subbaian Perumal Balaji, R/o No 3/2 1st C Main Road Vivekananda Nagar Banashankari 3rd Stage B'loru-560085 have changed my name to Hari Pradhaan Balaji for all purposes.

Retaining walls need to be rebuilt, say experts, citizens

CONTINUED FROM PAGE 1

Many heavy vehicles, including BMTC buses, ply on this ramp that leads towards Pottery Road, Maruthi Sevanagar, Lingarajapuram, and other areas.

Blaming the authorities, both South Western Railway and the then BBMP, for not maintaining quality in the construction of retaining walls and ramps, Viqaar Ahmed, a resident at Pottery Road, said the authorities concerned did not bother to ensure quality in the construction of ramps and retaining walls.

"It is shocking to come across wide cracks on the retaining walls. The contractors completed the construction work as per their whims and fancies it looks like. We have been suffering also due to the noise caused whenever a speeding vehicle passes over the rumble strips. The authorities must fix these problems and get new retaining walls constructed on both sides of the ramp," said Viqar Ahmed.

Syed Javed, a retired headmaster and a resident of Viviani Road, who has been residing in the area for more than four decades, agreed.

"The bridge put up by Britishers was very good and it had access towards Richards Town. Now, the motorists have to go around to reach Richards Town. The authorities must fix this problem much before the walls collapse," said Syed Javed.



Construction of one more ramp not only eases traffic congestion but also strengthens the other two ramps. There is no dearth for land to construct the ramp towards Richards Park

Suggesting one more ramp towards Richards Park to reduce congestion and load on the ramps, Syed Sameen of Jansadbhavana said that the need of the hour is to reconstruct the retaining walls

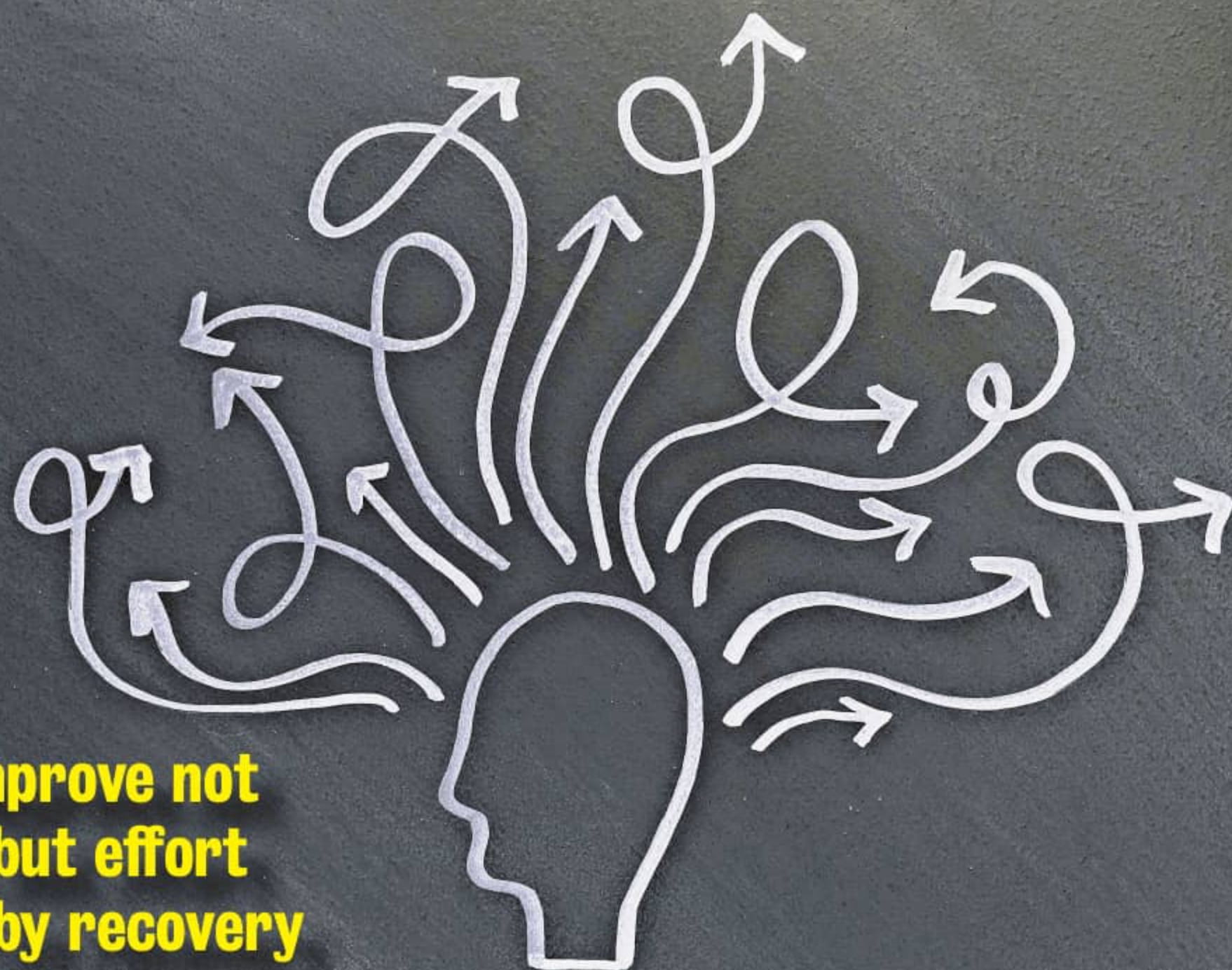


instead of filling the gaps with cement or other material. "Construction of one more ramp not only eases traffic congestion but also strengthens the other two ramps. There is no dearth for land to construct the ramp towards Richards Park," he said.

Blaming the authorities for poor quality work, Zafar Sait, former president of Richards Town Residents Association, said the condition of the footpath is far from satisfactory.

"Most of the pavers on the footpath have either broken or come off," said Sait.

A civil engineer, told BM on the condition of anonymity, that cracks were caused due to heavy load on the overbridge and confirmed that the retaining walls will have to be reconstructed.



Brains improve not by ease, but effort followed by recovery

THE SCIENCE BEHIND MENTAL STRENGTH

If you have ever lifted a weight, you know the routine: challenge the muscle, give it rest, feed it and repeat. Over time, it grows stronger. Muscles only grow when the challenge increases. Continually lifting the same weight in the same way eventually stops working.

It may come as a surprise that the brain responds to training in much the same way. Clear thinking, focus, creativity and good judgement are built through challenge, when the brain is pushed beyond routine rather than allowed to run on autopilot.

That slight mental discomfort is often a sign the brain is being trained, similar to the familiar burn felt during a good workout.

Consider walking the same loop through a local park every day. At first, your senses are alert. You notice the hills, the trees and the changing light. But after a few loops, your brain checks out. You start planning dinner, replaying emails or running through your to-do list. The walk still feels good, but your brain is no longer being challenged.

Routine feels comfortable, but

comfort and familiarity alone do not build new brain connections.

As a neurologist who studies brain activity, I use electroencephalograms, or EEGs, to record the brain's electrical patterns. Research in humans shows these rhythms are dynamic. When someone learns a new skill, EEG rhythms often become more organised and coordinated, reflecting the brain's effort to strengthen the pathways needed for that skill.

Your brain trains in zones, too

For decades, scientists believed the brain's ability to grow and reorganise — known as neuroplasticity — was largely limited to childhood. Once the brain matured, its wiring was thought to be fixed.

That view has been overturned. Decades of research show adult brains can form new connections and reorganise existing networks under the right conditions throughout life.

Some of the most influential research comes from studies of animals raised in enriched

environments. Rats housed with toys, running wheels and social interaction developed larger, more complex brains than rats kept in standard cages. Their brains adapted because they were regularly exposed to novelty and challenge.

Human studies show similar effects. Adults who take on genuinely new challenges — such as learning a language, dancing or practising a musical instrument — show measurable increases in brain volume and connectivity on MRI scans.

The message is simple: repetition keeps the brain running, but novelty forces it to adapt. Neuroplasticity thrives when the brain is nudged just beyond its comfort zone.

The reality of neural fatigue

Like muscles, the brain has limits. It does not grow stronger through endless strain. Real improvement comes from the right balance of challenge and recovery.

When the brain is pushed for too long without rest — through extended work hours, prolonged

focus on a single task or constant decision-making under pressure — performance begins to decline. Focus fades and mistakes increase.

To compensate, the brain shifts how regions work together, asking some areas to carry more of the load. But this extra effort makes the overall network run less efficiently.

Prolonged mental work slows attention and decision-making, while rest-seeking impulses rise, explaining fatigue-driven cravings. Like muscles, overused brain circuits grow less efficient. Breaks reset these circuits, making learning more effective, not interrupted.

The crucial importance of rest

Sleep is the brain's most powerful reset. It clears waste, restores fuel, repairs cells, and consolidates memories. Chronic deprivation impairs focus, decisions, and metabolism. Sleep isn't optional—it's essential for brain performance.

Exercise feeds the brain

Physical activity strengthens the brain as well as the body. Exercise increases levels of brain-derived neurotrophic factor, or BDNF, a protein that supports the growth of new neural connections, improves blood flow and reduces inflammation.

This is why exercise is one of the most effective lifestyle tools for protecting cognitive health across the lifespan.

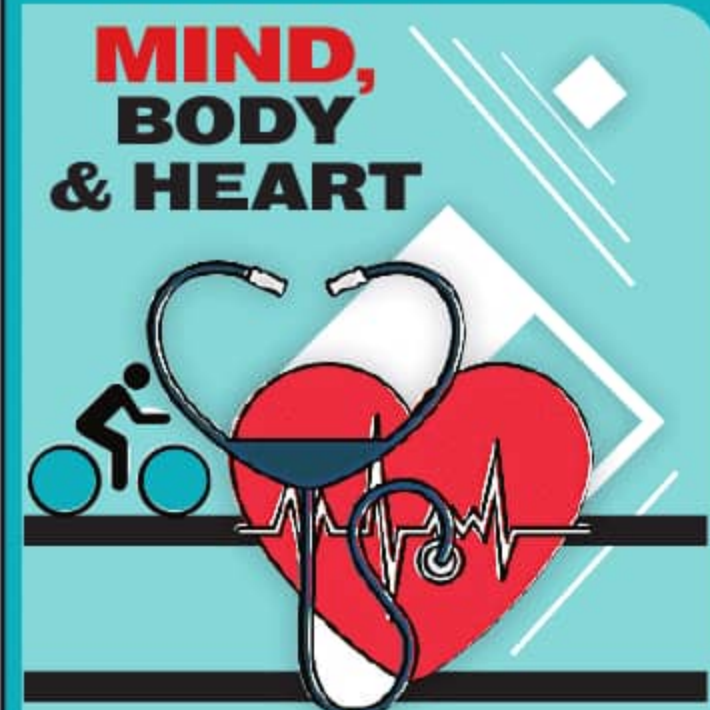
Train, recover, repeat

The central lesson is simple: the brain is not passively wearing down with age. It is constantly reshaping itself in response to how it is used. Every new skill, every genuine break and every good night's sleep sends a signal that growth is still expected.

You do not need expensive brain-training programmes or radical changes. Small, consistent habits matter more. Vary routines. Try unfamiliar activities. Rest before exhaustion sets in. Move your body. Treat sleep as non-negotiable.

The next time you take a familiar walk, consider choosing a different path. The scenery may change only slightly, but your brain will notice. That small shift is often enough to turn routine into training.

(By Joanna Fong-Isariyawongse, University of Pittsburgh, The Conversation)



All you need to know about...

Cellular ageing

Researchers have found that a naturally occurring molecule in the body plays a stress-reducing role, a discovery they said could lead to new drugs and treatments for metabolic disorders and ageing. Researchers from the University of Queensland examined microRNAs, which bind to genes and prevent them from becoming overactivated. The study, published in the journal Nature Communications, investigated damage to mitochondria — the energy powerhouses of cells that enable muscles to function and neurons to fire, among other processes in the body.

Stress regulation

"MicroRNAs have many different functions, but this is the first time it has been shown that they regulate mitochondrial stress pathways and prevent the spread of stress signals to other cells and tissues throughout the body," said Steven Zuryn, a molecular geneticist at the University of Queensland and an author of the study.

Ageing link

"Damage to mitochondria accumulates over time and is closely associated with metabolic disorders and diseases of ageing, including neurodegeneration, cancer and diabetes, as well as ageing itself," Zuryn said. The study focused on a specific microRNA, known as miR-71, in *Caenorhabditis elegans* worm models, or *C. elegans*.

Human therapeutics

Zuryn said microRNAs reduce chronic stress and protect cells. Targeted microRNAs could one day help limit stress signals and improve metabolic health, though not necessarily as an anti-ageing drug.

Nobel discovery

MicroRNAs were discovered in *C. elegans* worms about 30 years ago and have since been shown to be important in human health and disease. The discovery was awarded the Nobel Prize in Physiology or Medicine in 2024. —PTI



MIRRORLIGHTS

Sleep tracking technology promises clarity, delivers confusion for many users

Millions of people use phone apps and wearable devices such as rings and smartwatches to track their sleep, but these tools do not measure sleep directly. Instead, they infer sleep states from signals such as movement and heart rate, raising questions about how reliable the data really are.

The US sleep-tracking devices market generated about \$5 billion in 2023 and is expected to double by 2030, according to Grand View

Research. As wearables grow in popularity, experts say users should understand both their strengths and limitations.

Most devices — including the Apple Watch, Fitbit and Oura Ring — use similar methods, said Daniel Forger, a University of Michigan mathematics professor who studies sleep wearables. Algorithms have become highly accurate at detecting when someone is asleep, he said, but estimates of sleep

stages remain less precise than laboratory studies.

"If you really want to know definitively how much non-REM sleep versus REM sleep you are getting, in-lab studies are still the gold standard," Forger said.

Dr Chantale Branson, a neurologist at the Morehouse School of Medicine, said many patients arrive with sleep scores in hand, often fixating on nightly details such as REM totals.

That focus can be misplaced, she said. Wearables are useful for spotting trends over time but should not be treated as definitive measures of sleep health. Nor should a single night's data be overinterpreted.

Branson said wearables don't explain why people can't sleep. While some users make helpful changes, others develop anxiety from tracking. Experts say sleep data should guide habits, not become a source of stress or judgment. —AP

$$0.5 \sqrt{[(\sqrt{225} + \sqrt{(\sqrt{64} + \sqrt{784})}] = ?$$

Tuesday, January 27, 2026

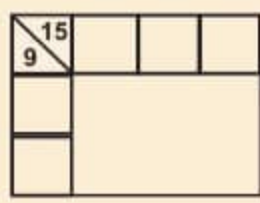
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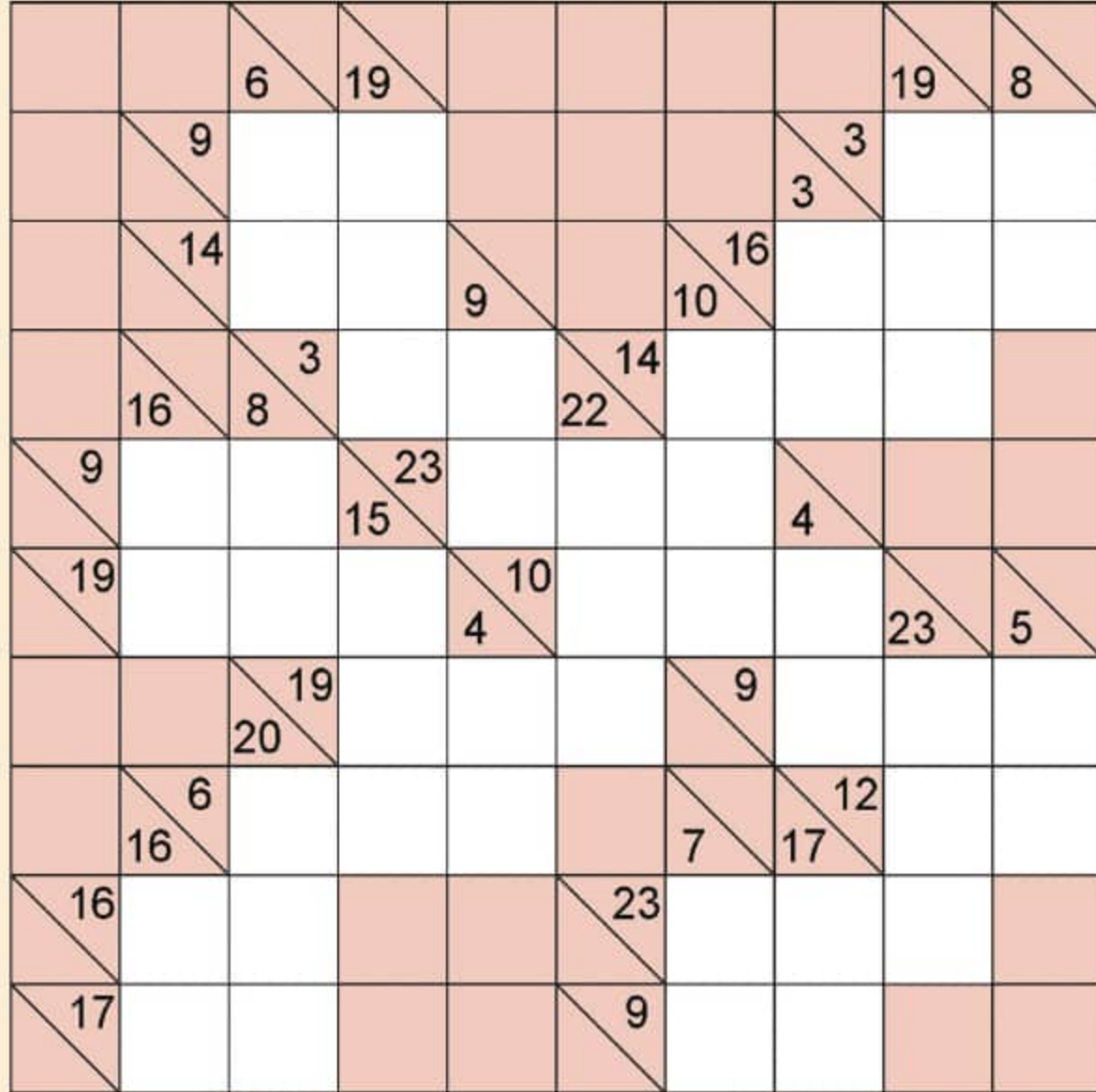
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

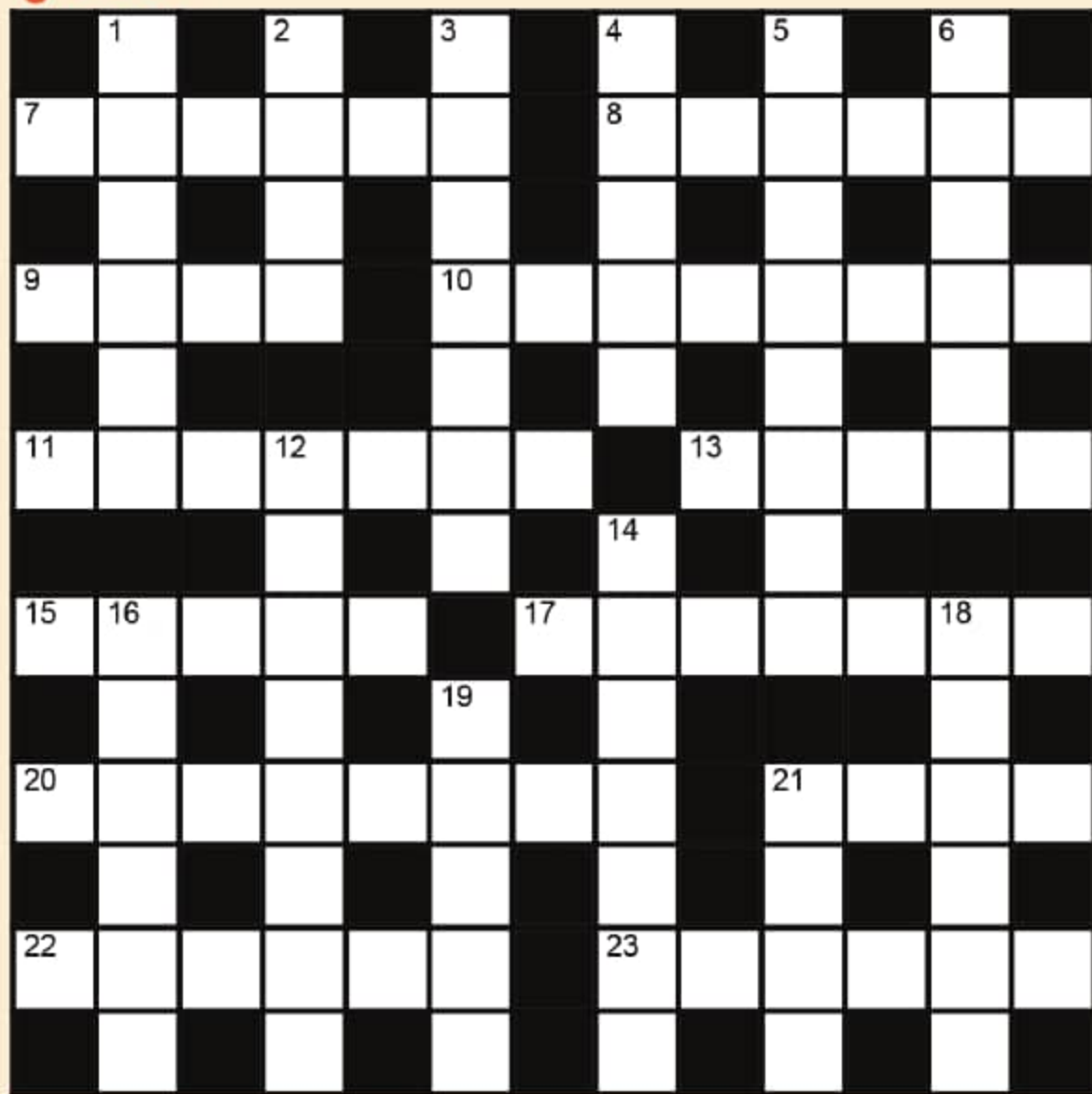


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

- 7 Former Kiwi wicket keeper Adam (6)
- 8 Famous landmark on the corner of Kasturba road and Vittal Mallya Road (2,4)
- 9 ___ fixe : an obsession ? (4)
- 10 Fighting against (8)
- 11 Lhasa local (7)
- 13 Local land measure (5)
- 15 A snap (5)
- 17 Emergency replacement (7)
- 20 An entire range- "crumpets" anagram? (8)
- 21 System of worship or devotion (4)
- 22 Funeral vehicle (6)
- 23 Sighting (6)

DOWN

- 1 Father of the Nation (6)
- 2 Clinton's VP (4)
- 3 Belgrade native (7)
- 4 Sunil and Sanjay? (5)
- 5 Small pickled onion (8)
- 6 Awful odour (6)
- 12 Tempters (8)
- 14 Trampled, crushed or pounded (7)
- 16 Take place (6)
- 18 Romantic song (6)
- 19 Peered, was nosey (5)
- 21 Egyptian Christian (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: O EQUALS G
XQ XL XDIULLXKMW QU
WJZUR XVMXJO QPUAUYOPMR
YJMWLL UJW PSL IMWJQR UC
BUAN QU VU.



Linemaro

Are you an artist?
No? I am surprised
because you are a
masterpiece



Mindchow

When a man says
that he approves of
something in
principle, it means
he hasn't the
slightest intention of
putting it in practice



Joke of the day

How would it be if we
discovered that aliens
only stopped by earth
to let their kids take a
leak?

Loop

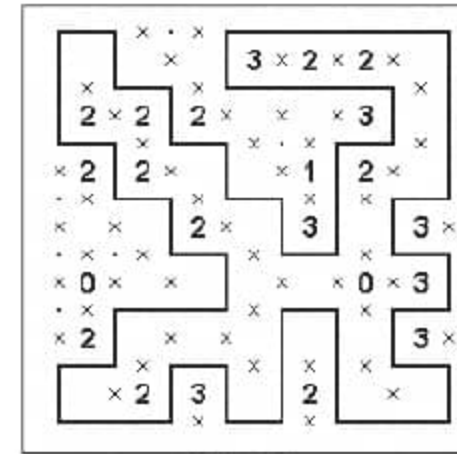
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

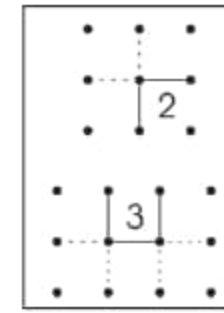
How to begin:

Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

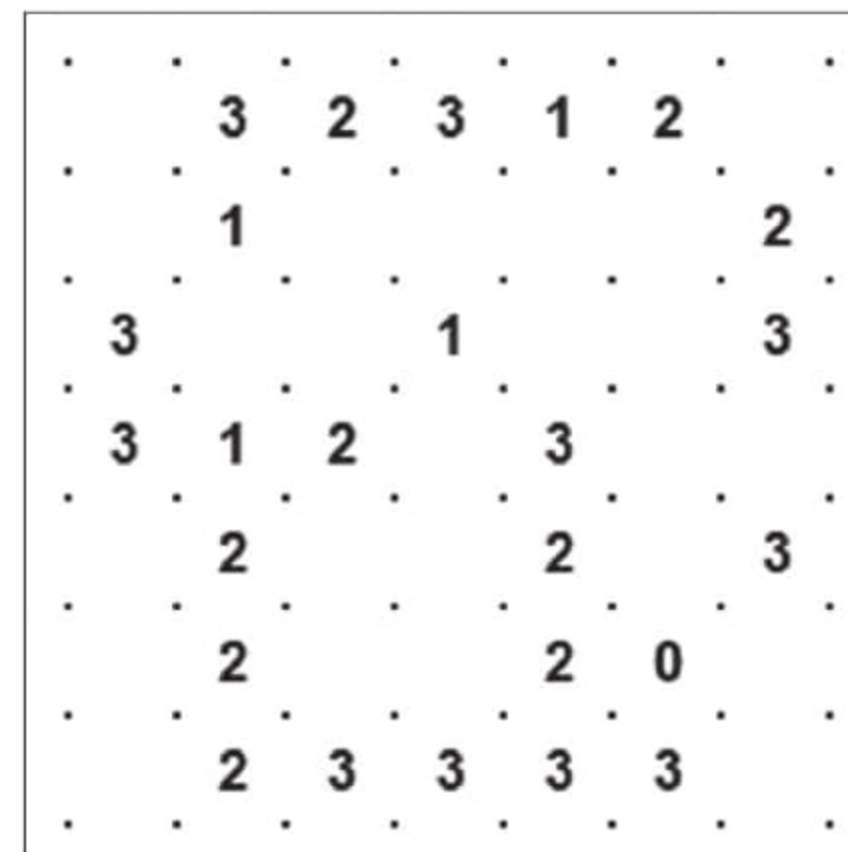
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



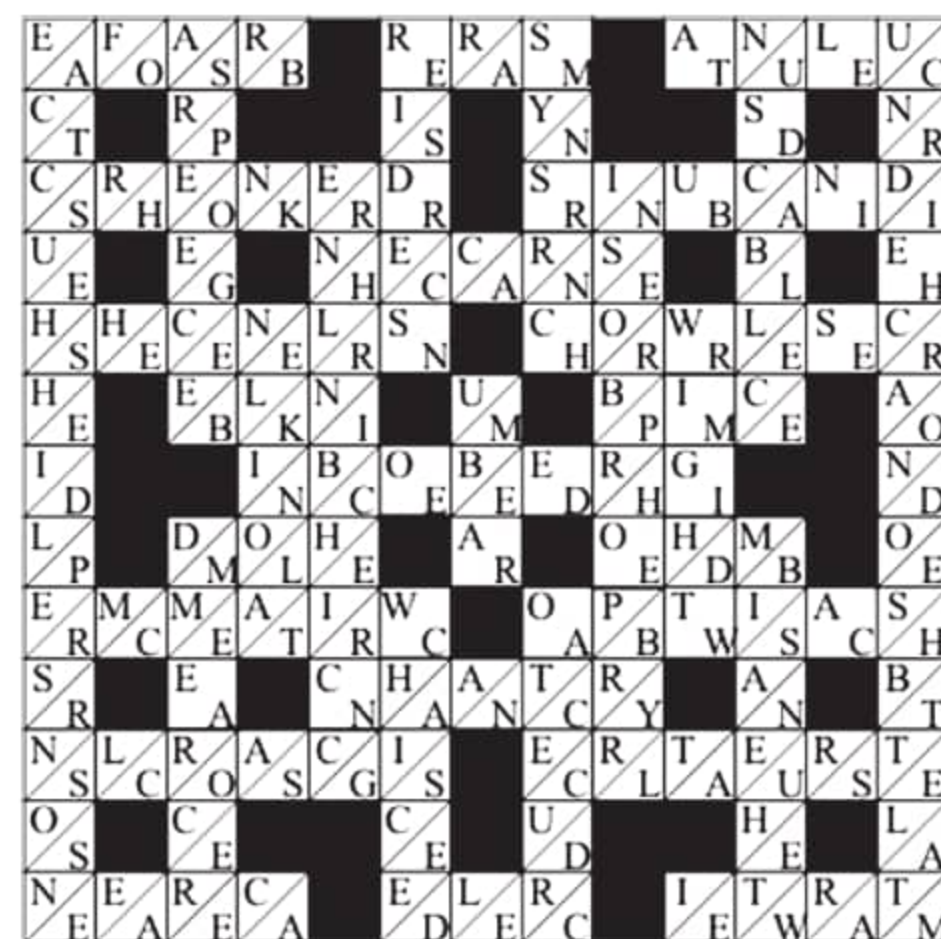
(Fig A)



(Fig B)
Not Allowed



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

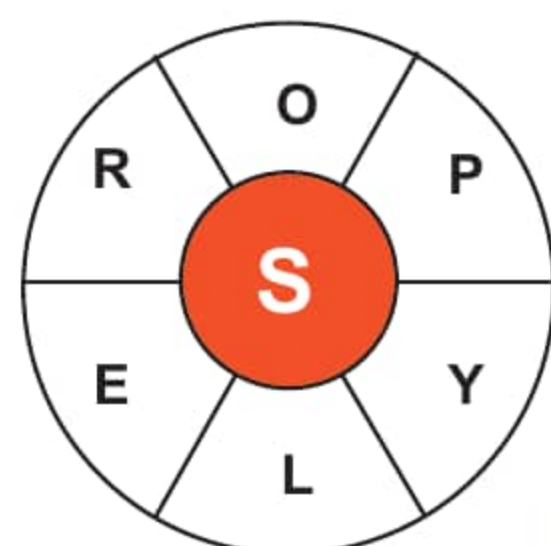
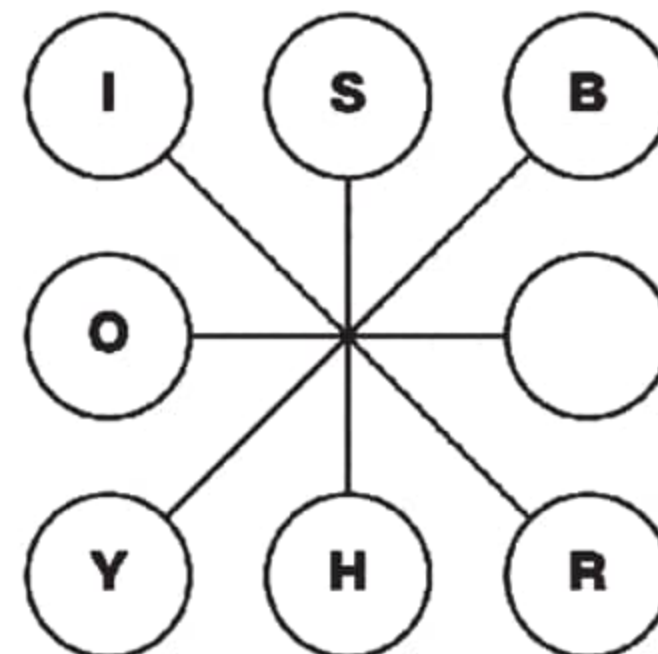
- 1 Progs; 6 A race;
- 7 Sluts; 8 Ana so;
- 9 LY owl

DOWN

- 1 All as; 2 Nor up;
- 3 Serow; 4 Lacto;
- 5 Say GS

Mensapuzzle

Which letter goes in the empty circle and completes this puzzle?



Bull's eye

How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

18 Average; 20 Good; 22 Outstanding

SudokuChallenge



To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy

2 3 5 8 = 12

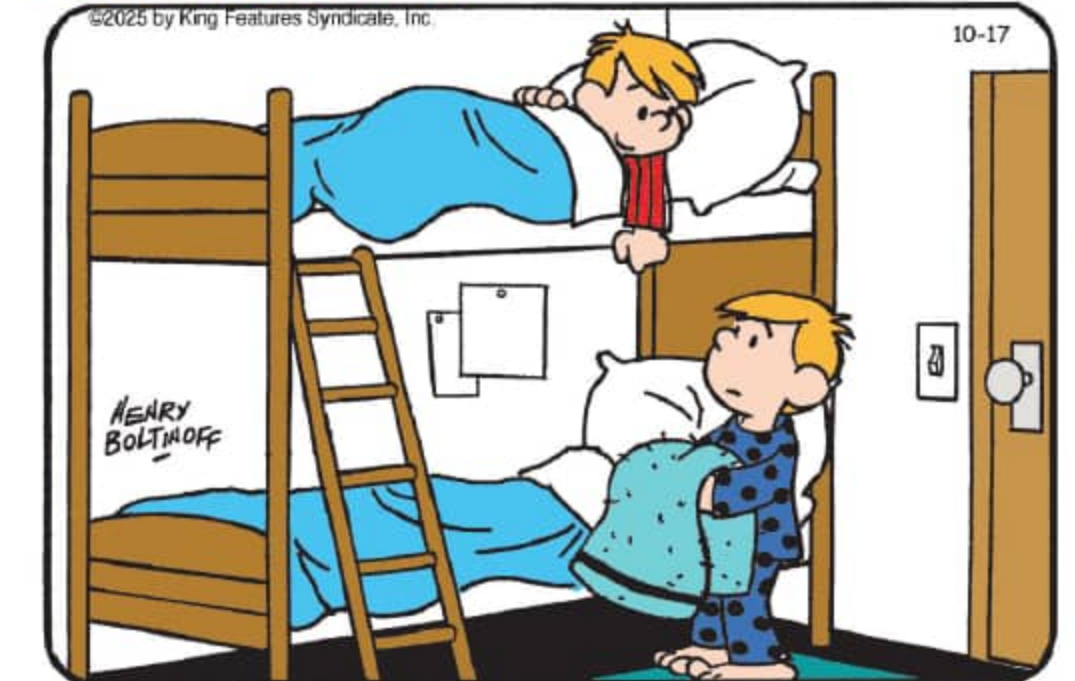
Medium

3 5 5 5 = 8

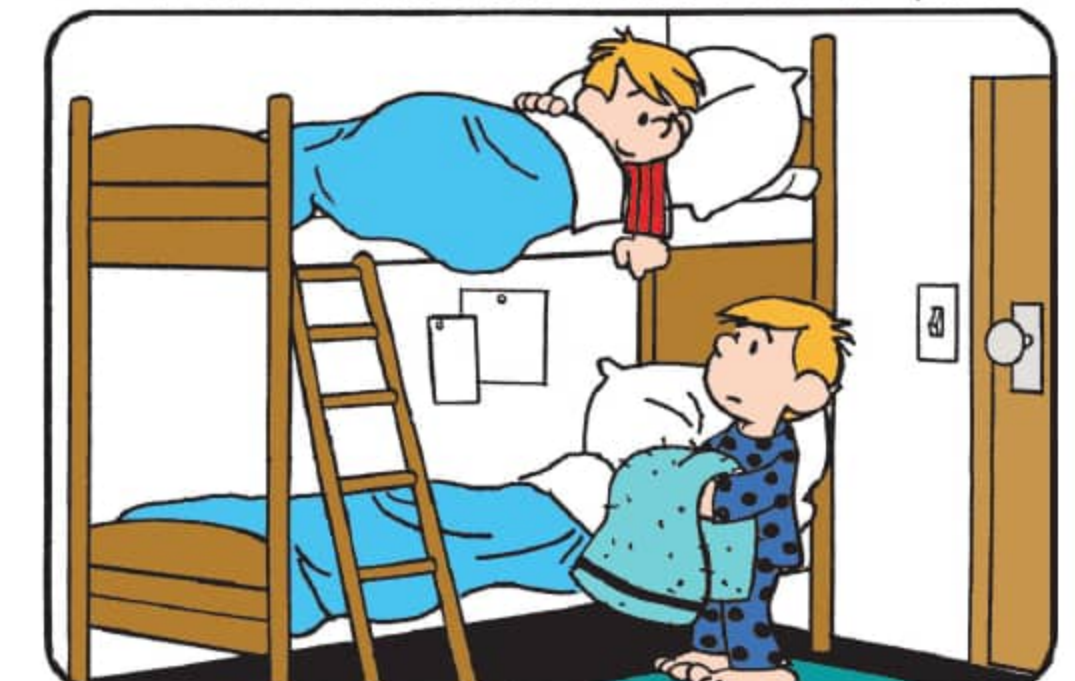
Hard

1 2 3 8 = 20

Hocusfocus



Find at least six differences in details between panels.



Differences: 1. Blanket is different. 2. Papers on wall are different. 3. Ladder rung is missing. 4. Door knob is higher. 5. Light switch is higher. 6. Bedpost is taller.

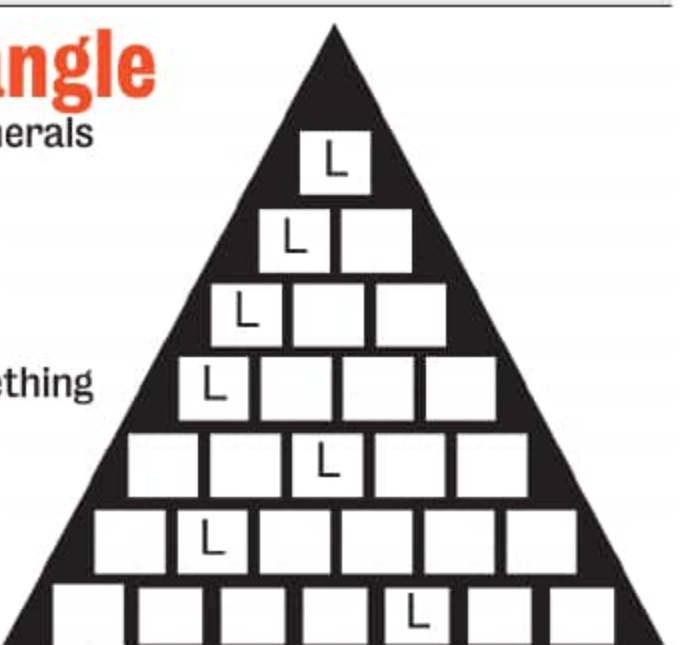
Riddler

Delete one letter from each pair to reveal an animal. Example: rc ae st = rat 1) pb un rf ft ea kl do, 2) pf lo ae mg hi rn gs to, 30) bi tg ue ia wn ay, sk ad in gl oa er on to & 4) gp al nr yr oe tm, gf po lx

Alpha triangle

- 1 Fifty in Roman numerals
- 2 51 in ancient Rome
- 3 Polygraph blip
- 4 Parasitic insects
- 5 Museum piece
- 6 Clergyman
- 7 Moved round something

Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be



made at each step answering to the clue given.

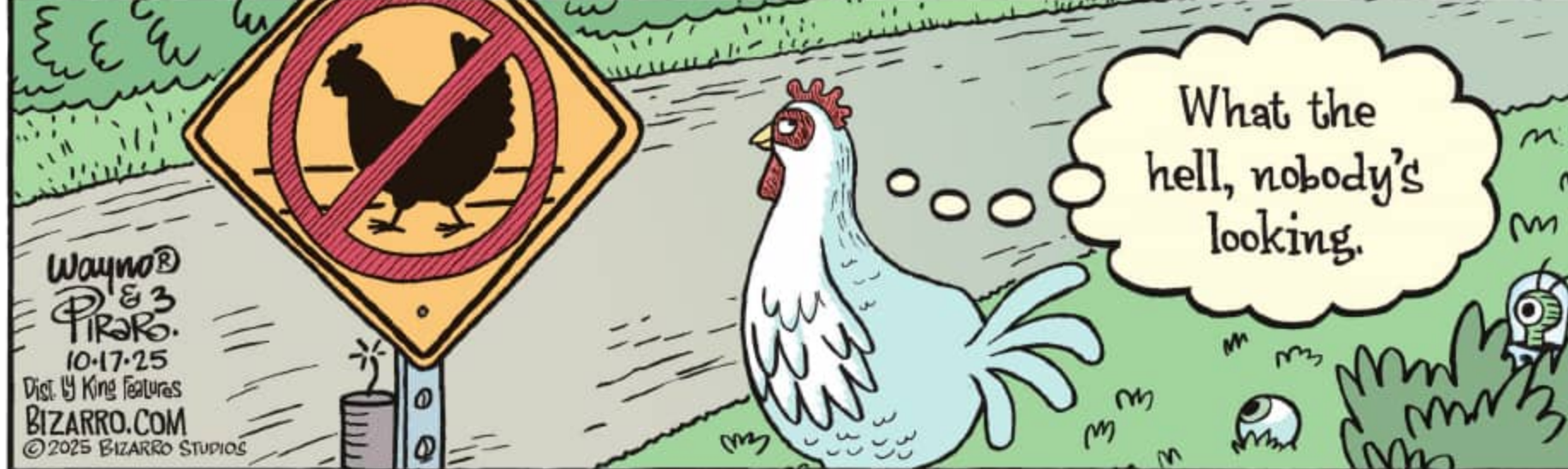
DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye



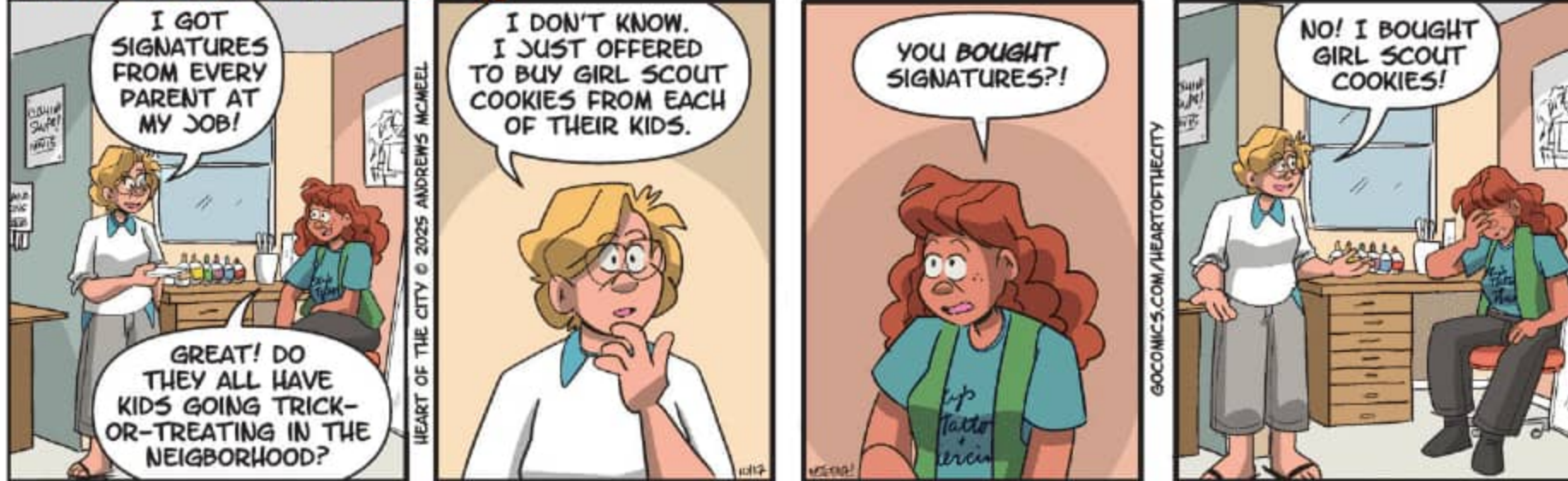
Bizarrotrip



Diamond Lil



Hart of the city



Crankshaft



Mutts



WRITTEN IN THE STARS

DR SUNDEEP KOCHAR



If it's your birthday today

This year, the focus is on healing old emotional wounds and finding inner peace. Allow yourself the time and space to recharge and connect with your deepest feelings. Service to others, or humanitarian efforts, will bring profound satisfaction. This period of compassionate self-care prepares you for a cycle of intense public visibility soon.

Aries Mar 21-Apr 20

Expressing feelings brings warm responses today. Responsibility increases at work, yet your skills help you excel. Productivity shines as tasks finish smoothly. Emotional clarity and professional confidence create meaningful progress.



Leo Jul 24 - Aug 23

Self-reflection nurtures well-being. Confidence increases at work as enthusiasm shines. Recognition grows naturally. Balanced rest supports motivation. A peaceful mindset helps you appreciate your progress and celebrate your strengths.



Sagittarius Nov 23-Dec 22

New responsibilities highlight your capability. Progress unfolds steadily. Travel planning is best delayed. Future adventures await. Independence strengthens confidence. Embrace patience as opportunities align beautifully with your intentions.



Taurus Apr 21-May 20

Future goals receive renewed focus. Asking for help strengthens connection. Quiet reflection eases stress. Meditation restores calm. Independent thinking guides wise decisions. Personal clarity grows as you embrace a balanced, supportive routine.



Virgo Aug 24-Sep 23

Guiding someone younger brings satisfaction. Financial blessings arrive unexpectedly. Planning strengthens long-term security. Professional clarity increases. Personal insight brings motivation as you align your actions with future goals.



Capricorn Dec 23-Jan 20

Guarded thoughts require mindfulness. Sharing carefully prevents misunderstandings. Openness to new interests broadens horizons. Creative hobbies uplift your spirit. Expansion begins with curiosity and self-trust.



Gemini May 21-Jun 21

Romantic possibilities reawaken warmly. Collaboration enhances workplace success. Sharing ideas builds trust. Social connections feel meaningful. Moving thoughtfully creates harmony. New beginnings inspire confidence as communication strengthens relationships.



Libra Sep 24-Oct 22

Celebrate quiet victories today. Social connections brighten your mood. Communication skills attract positive attention. New faces bring opportunity. Expanding your circle supports growth and encourages meaningful interactions.



Aquarius Jan 21-Feb 19

Your friendly nature attracts attention easily. Rearranging schedules enhances productivity. Manage deadlines with care. Education progresses with consistent effort. New insights support personal growth and balanced forward movement.



Cancer Jun 22-July 23

Attention to detail supports achievements. Workplace harmony improves with friendly efforts. Joyful energy brightens home life. Sharing laughter strengthens relationships. Balanced focus brings personal fulfillment and renewed comfort.



Scorpio Oct 23-Nov 22

Optimism strengthens your influence. Offering reassurance helps others feel supported. Sharing positivity deepens trust. Family and friends appreciate your steadiness. Inner balance grows as you lead with calm and generosity.

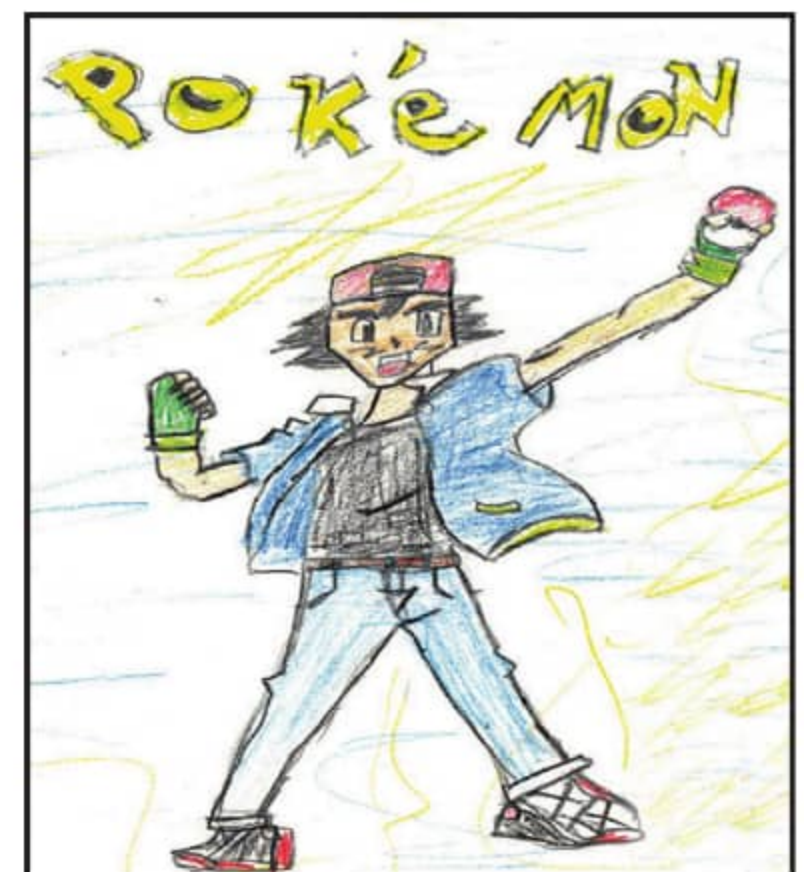


Pisces Feb 20-Mar 20

Romantic interest sparks curiosity. Productivity flows smoothly. Completing tasks brings satisfaction. Wellness improves through gentle activity. Personal growth strengthens your confidence and motivates healthy choices.

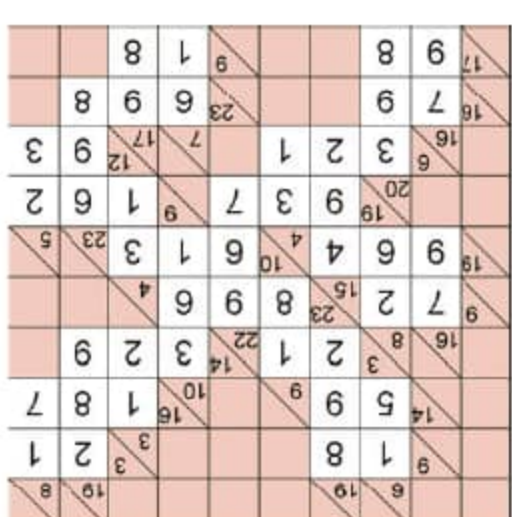
www.sundeepkochar.com

KIDZONE

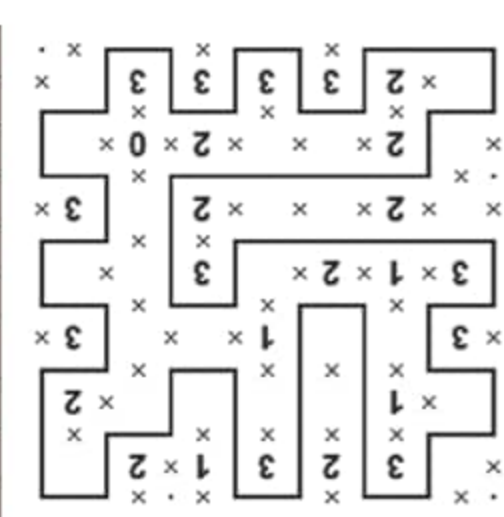
Lohith,
BengaluruLikith M,
Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011; Please send hard copies of your artwork in A4 size only.

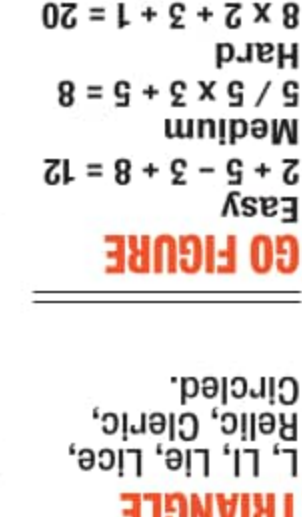
SOLUTIONS



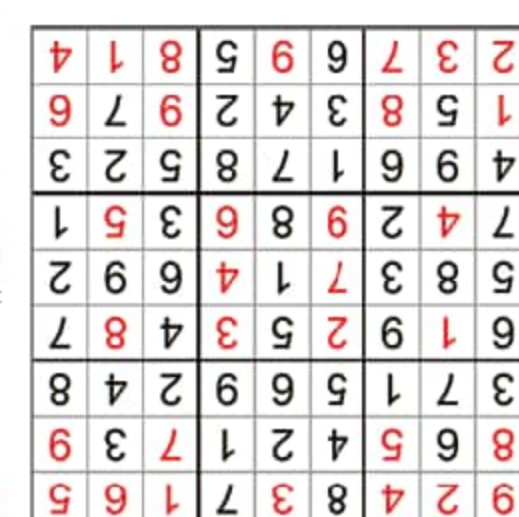
KAKURO



ALPHA



LOOP



SUDOKU



MENSA PUZZLE



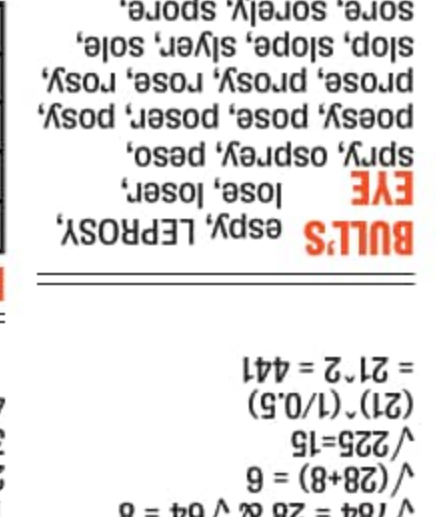
QUICK



STRIKE OUT



RIDDLER



SOLVE IN 1M

SRK's Republic Day message

Shah Rukh Khan says 'our country teaches us there is strength and unity in diversity'

Republic Day was marked with a lot of fanfare and celebrations and as always Bollywood also joined the moment with folks from the industry sharing their thoughts on social media. Among them was Shah Rukh Khan, who while taking to X wrote, "Proud to be Indian, our country teaches us there is strength and unity in diversity. Happy Republic Day to all of us. Jai Hind and love to all..."

Republic Day weekend is also special for SRK as his comeback film 'Pathaan' had also released on the same weekend in 2023 and it had stamped his authority over the box office once again.

SRK is currently immersed in his upcoming film 'King', his first collaboration with director Siddharth Anand post 'Pathaan'. The film is also important for Shah Rukh Khan as it marks his first film with his daughter Suhana Khan.

'King' has been in the news for a variety of reasons, the film was first to be directed by Sujoy Ghosh but was later taken over by Siddharth Anand, who until then was producing the film with SRK's banner. The makers set the internet on fire when they released the first look of the film on SRK's birthday on November 2, 2025.

The reveal triggered a wave of excitement, spawning fan edits, breakdown videos, and speculation about whether SRK was reinventing himself once again as an action-led antihero.

After a brief silence, just a few days ago, SRK once again decided to set the internet and Bollywood on fire when he announced the release date for the film as December 24, 2026. —ETimes



'No monkey business in metro'

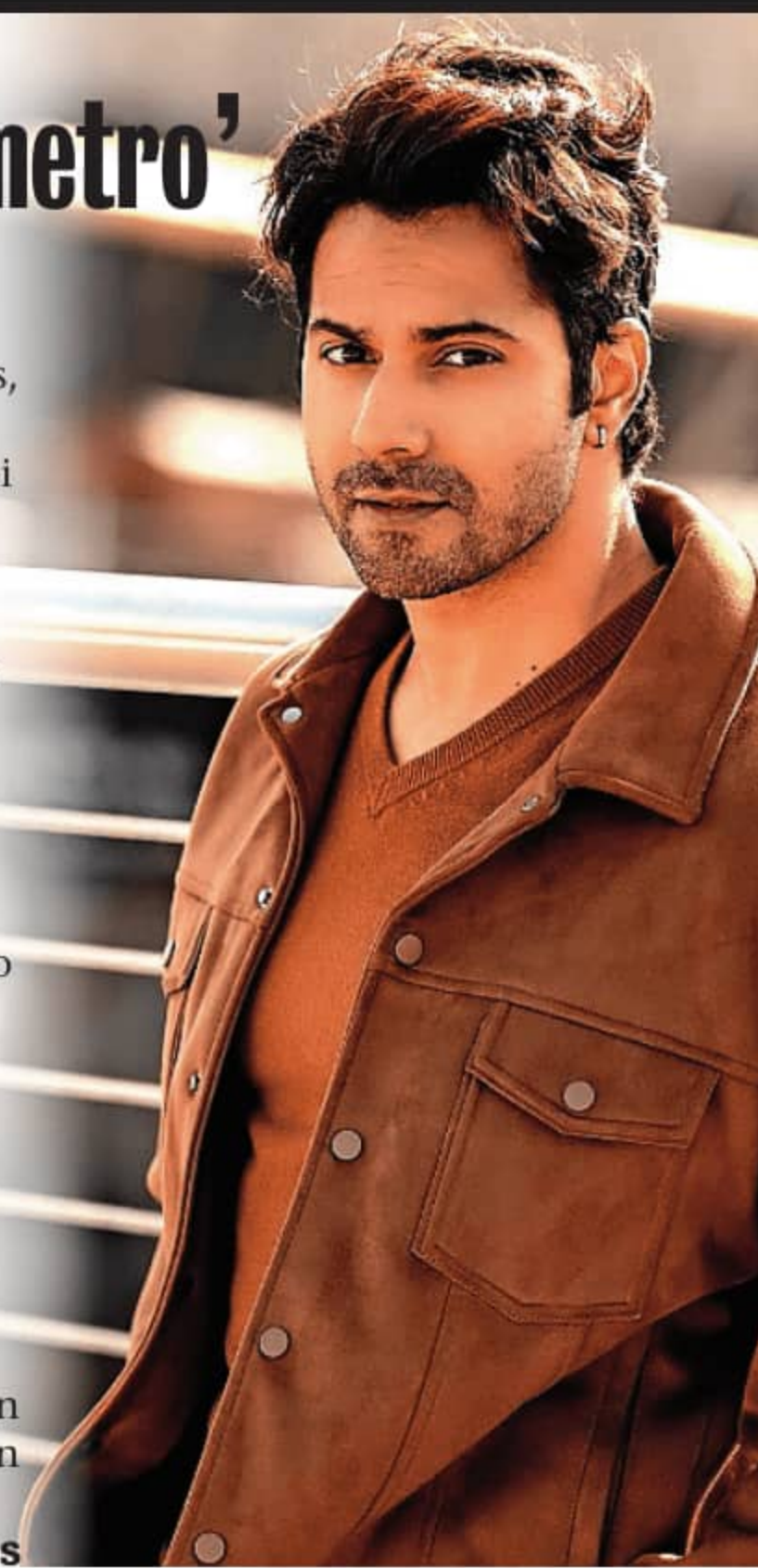
Actor Varun Dhawan is basking in the success of his latest release, 'Border 2'. Amidst the buzz around the film and him, the actor has found himself in trouble over his recent travel in the Mumbai Metro. A video of Varun was shared on the official Instagram account of the Maha Mumbai Metro authority, slamming him for his stunt during travel.

On the Instagram account of Maha Mumbai Metro Operation Corporation Limited (MMOCL), a video of Varun Dhawan doing pull-ups with the help of overhead grab handles was posted. Along the clip, it was written that the video should have had a disclaimer, just like movies. The caption read, "This

video should have come with a disclaimer like the ones in your action movies, Varun Dhawan—Do Not Try This On Maha Mumbai Metro. We get it; it is cool to hang out with friends inside our metros, but those grab handles are not for hanging."

The caption further read, "Acts like these are punishable under the sections relating to causing nuisance and/or damage to property given in The Metro Railways (Operations and Maintenance) Act, 2002, attracting penalties and even imprisonment depending on the gravity of the offence. So folks, hang out, but don't hang in there. Travel responsibly on Maha Mumbai Metro."

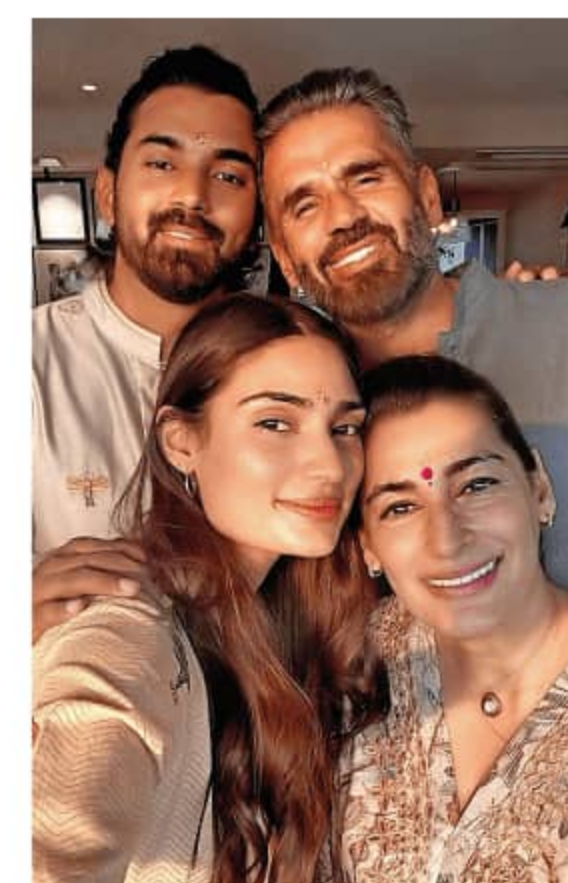
—ETimes



Proud father-in-law

Bollywood actor Suniel Shetty has always proclaimed himself as a cricket enthusiast, and his love for the sport certainly reflects in his bond with cricketer son-in-law KL Rahul. The cricketer married the 'Border' actor's daughter Athiya Shetty in 2023. Since then, in numerous public appearances, Suniel Shetty has praised KL Rahul both as a cricketer and also as his son-in-law. Recently, Suniel Shetty has again shared his emotions about KL Rahul, emphasizing that he was a huge fan of the sports star.

Suniel Shetty, during his interview with ANI, was asked if he manifested KL Rahul as a son-in-law in his life, to which the actor responded with a heartfelt answer and said he probably did. He confidently replied, "Probably I did, because I was a huge fan of



his when I used to watch him play," showing a supportive father-in-law side.

In between describing his love and obsession for cricket and how he couldn't become a professional cricketer, Suniel Shetty continued that he understands talent and has always loved his son-in-law for the way he played.

—ETimes

New couple in B-Town?

Disha Patani and Punjabi singer Talwinder's dating rumours rocked the headlines after she was seen holding his hand in a video while attending Nupur Sanon's wedding in Udaipur. And now, it seems that the rumoured couple has indirectly confirmed their relationship. How, you may ask? Well, they attended the Lollapalooza India event in Mumbai on Sunday together.

According to the reports, Disha Patani and Talwinder were seen arriving for the Lollapalooza event in Mumbai on Sunday together. The duo didn't shy from making their appearance while holding hands publicly. Soon, videos of them went viral on the internet. Netizens called it a soft launch and official debut as a couple.

—ETimes



SANDALWOOD SHOTS

Y MAHESWARA REDDY

Shivanna's wishes

Karunada Chakravarthy Dr Shiva Rajkumar, fondly known as Shivanna, was the chief guest at the pre-release event of the Kannada film 'Chowkidar', slated for release on January 30.

"I am of the opinion that good things happen to good people. I want more and more people like Kallahalli Chandrasekhar to support Kannada movies, including my movies. There was a plan to act in a movie under Chandrasekhar Bandiyappa's direction but it didn't happen," said Dr Shiva Rajkumar. He said that Chandrashekar Bandiyappa is a



good director known for showcasing emotions aptly in his movies. "I wish all the best to the cast and crew of this movie," said Dr Shiva Rajkumar.

Speaking on the occasion, Sai Kumar, who plays the lead in the film, said that he was happy to have Dr Shiva Rajkumar as the chief guest at the pre-release event of the movie. "Hats off to the energy of Dr Shiva Rajkumar. The movie has a good team and good script. Dhanya Ramkumar is a wonderful actress," Kumar said.

Unique bond

Few stories succeed in weaving innocence, nature, and culture, and 'Valavaara' has the potential to join their ranks.

At the heart of this Kannada feature movie lies a tender bond between a young boy and a cow, one that goes beyond pet and owner. It is about emotion, trust, and belonging. Director Sutan Gowda brings to screen a world that feels achingly real, set in the scenic landscape of Sakleshpur in South Karnataka. Through the cow's presence, the movie 'Valavaara' explores the idea of purity, both of nature and of human emotion.

The cow, a revered and gentle



being in Indian culture, becomes a mirror for the boy's growth and conscience. Kadri Manikanth scored music while Balaraj Gowda worked behind the camera to capture beautiful locations in Sakleshpur.

Speaking with Bangalore Mirror, Sutan Gowda said that he will be making his debut as an independent director in Sandalwood with the movie 'Valavaara'. "Around 50 per cent of the movie is based on real incidents and the remaining portion is fiction. The trailer of the movie, which has all ingredients such as bonding, love, and innocence, was released recently and got good feedback from moviegoers," said Gowda.